



Mr. S. J. 2

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**THE  
Accomplisht-Ladys  
Delight.**

*In Preserving, Physick, Beau-  
tifying and Cookery.*





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The Accomplish'd

# LADIES DELIGHT

IN

Preserving, Physick, Beautifying,  
and Cookery.

CONTAINING,

I. The ART of PRESERVING,  
and CANDYING Fruits and Flowers, and  
the making of all sorts of Conserves, Syrups,  
and Jellies.

II. The PHYSICAL CABINET,  
Or, Excellent Receipts in Physick and Chirurgery,  
Together with some Rare Beautifying Waters, to  
adorn and add Loveliness to the Face and Body:  
And also some New and Excellent Secrets and Ex-  
periments in the ART of ANGLING.

III. The Compleat COOKS GUIDE,  
Or, directions for dressing all sorts of Flesh, Fowl,  
and Fish, both in the *English* and *French* Mode,  
with all Sauces and Sallers; and the making Pyes,  
Pasties, Tarts, and Custards, with the Forms and  
Shapes of many of them.

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The Third Edition Enlarged.

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L O N D O N ,

Printed for Benjamin Harris, at the Stationers Arms  
and Anchor, in the Piazza at the Royal-  
Exchange, in Cornhill, 1683.

THE HISTORY OF THE  
CITY OF BOSTON  
FROM THE FIRST SETTLEMENT  
TO THE PRESENT TIME  
IN TWO VOLUMES  
BY NATHANIEL BENTLEY  
OF THE BOSTON BAR  
VOL. I.  
BOSTON: PUBLISHED BY  
J. B. BENTLEY, 1822.

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TO THE  
LADIES  
AND  
GENTLEWOMEN.

Ladies,

**T** Hough there have been many Books  
Extant of this kind, yet I think  
something hath been deficient in  
them all; I have therefore adventured  
to make another, which I suppose comprehends  
all the Accomplishments necessary for Ladies,  
in things of this Nature. For you have here.

1. The Art of Preserving, and Candyng  
all Fruits and Flowers, as also of making Con-  
serves, both Wet and Dry, and also the pre-  
paring of all sorts of Syrups, Jellies, and Pic-  
kles.

2. Here are some Excellent Receipts in Phy-  
sick and Chirurgery for curing most Diseases  
incident to the Body. Together with some Rare  
Beautifying Waters, Oyls, Oyntments, and Pow-  
ders, for Adornment of the Face and Body,

## The Epistle Dedicatory.

and to Cleanse it from all Deformities that may render Persons Unlovely; there are also added some Choise Secrets and Experiments in the Art of Angling; a Recreation which many Ladies Delight in, and is not therefore thought altogether improper in a Book of this Nature.

Lastly, You have here a Guide to all manner of Cookery, both in the English and French Mode, with the preparing all kind of Sallets and Sauces proper thereunto.

Together with Directions for making all sorts of Pies, Pasties, Tarts, and Custards, with the Forms and Shapes of many of them to help your Practise, with Bills of Fare upon all Occasions. So that in the whole, I hope it may deserve the Title of the Accomplish'd Ladies Delight, and may acquire Acceptance at your Fair Hands, whereby you will very much Encourage and Oblige,

Ladies,

Your very Humble Servant  
and Admirer, T. P.

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I

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*The Art of Preserving, and Candy-  
ing Fruits and Flowers, as also  
of making all sorts of Conserve,  
Syrups, and Jellies.*

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*I. To make Quince Cakes.*

**B**Ake your Quinces in an Oven with some of their own juyce, their Coars being cut and bruised and put to them, then weigh some of this juyce with some of the Quince, being cut into small Pieces, taking their weight in Sugar, and with the Quince some quantity of the juyce of Barberies, then take the clearest Syrup, and let it stand on the Coals two or three hours, and let them boyl a little on the fire, then Candy the rest of the Sugar very hard, and so put them together, stirring it while it is almost cold, and so put it into Glasses.

*2. To make Conserve of Barberies.*

When the stalks are pickt off, boyl them in fair water till they swell and be very soft, then bruise them in a Morter, then strain them, and boyl them again by themselves, then take for every pound of them two pound of Sugar, and boyl them together, but not too long, for then it will Rope.

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## 2      *Preserving, Conserving,*

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### 3. *To make Conserve of Roses.*

Take of the buds of red Roses, and slip away the white ends, and then slip the rest of the Roses as small as you can, and beat them fine in a Marble Mortar; and put to every pound of Roses, three pound and a half of Sugar, then put it up in a Gallipot and set it in the Sun for a Fortnight.

### 4. *To make Cinnamon Water.*

Take a quart of White-wine, a quatt of Rose-water, a Pint of Muscadine, Half a pound of Cinnamon bruised, lay the Cinnamon to sleep in the Wine twelve hours, stirring them now and then, afterwards put them into an Alerubick and still them with a gentle fire, and you may draw off from it three pints: But if you will not have it strong, instead of Muscadine put in so much Rose-water or White-wine.

### 5. *To Preserve Quinces white.*

Take to every pound of Quince, a pound and a quarter of Sugar, clarifie this Sugar with the white of an Egg, core your Quinces, but not too much, then put this Sugar, and Water, and Quince, being raw together, and so make them boyl so fast that you can see no Quince, but forget not to turn them and take off what scum you can, keep them boyling thus fast till you think they are enough.

### 6. *To Preserve Raspices.*

Take of the fairest and well coloured Raspices, and pick off their stalks very clean, then wash them, but be sure not to bruise them; then weigh them, and to every pound of Raspices, put six ounces of  
hard



hard Sugar, and six ounces of Sugar-Candy, and clarifie it with half a pint of fair water, and four ounces of juyce of Raspices, being clarified, boyl it to a weak Syrup, and then put in your Raspices stirring them up and down, and so let them boyl till they are enough, and you may keep them all the year.

*7. To make Mackroons.*

Take Almonds, blanch them, and beat them in a Morrer, with serced Sugar mingled therewith, with the white of an Egg and Rose-water, then beat them altogether till they are as thick as Fritters, then drop it upon your Wafers, and bake it.

*8. To Preserve Cherries.*

Take some of the worst Cherries and boyl them in fair Water, and when the Liquor is well coloured strain it, then take some of the best Cherries you can get, with their weight in beaten Sugar, then lay one laying of Sugar and another of Cherries, till all are laid in the Preserving Pan; then pour a little of the liquor of the worst Cherries into it, boyl your Cherries till they be well coloured, then take them up, and boyl the Syrup till it will button on the side of the dish, and when they are cold, put them up in a Glass covered close with Paper until you use them.

*9. To make Conserve of Oranges and Lemmons, or Pippins.*

Boyl any of these Fruits, as you would do to make past thereof, and when it is ready to fashion upon the Pye-plate, then put it into your Gally pots, and never dry it; and this is all the difference betwixt Con-

A. 4.      serve

## 4 *Preserving, Conserving,*

serve and Paste, and this serves for all hard Fruits, as Pippins, Oranges and Lemmons.

### 10. *To make Symballs.*

Take fine Flower dry'd, and as much Sugar as Flower, then take as much whites of Eggs as will make it Paste; put in a little Rose water, with a quantity of Corianderseed and Anniseed, then mould it up in the Fashion you will bake it in.

### 11. *To make Syrup of Clove-gilli-flowers.*

Take a pound of Clove-gilli-flowers, the whites being cut off, infuse them a whole night in a quart of fair Water, then with four pound of Sugar dissolved in it, make it into a Syrup without boyling.

### 12. *To make Syrup of Violets.*

Take of Violet flowers fresh, and pick a Pound, clear water boyling one quart, shut them up close together in a new glazed pot a whole day, then press them hard out, and in two pound of the Liquor dissolve four pound and three ounces of white Sugar, take away the scum, and so make it into a Syrup without boyling.

### 13. *To make Marmelade of Quinces.*

Take a pottle of Water, and four pound of Sugar, and let them boyl together, and when they boyl, scum them as clean as you can, then take the Whites of two or three Eggs and beat them to Froath, put the froath into the pan to make the scum rise, then scum it as clean as you can; take off the Kettle and put in the Quinces, and let them boyl a good while and stir them, and when they are boyled enough put them into boxes.

14. *To*

14. *To make Hippocras.*

Take a Gallon of White-wine, two pound of Sugar; and of Cinamon, Ginger, long Pepper, Mace not bruised, Grains, Galingal, Cloves not bruised of each two penny worth, bruise every kind of Spice a little, and put them together into an earthen pot for a day, then cast them through your bags two or three times, as you see cause and to drink it.

15. *To make Almond Butter.*

Take your Almonds and blanch them and beat them in a Morter very small, and in beating put a little water, then when they are beaten pour in water into two pots, and put half into one, and half into another, put Sugar to them and stir them, and let them boyl a good while; then strain it through a strainer and so dish it up.

16. *To Preserve Quinces Red.*

Pare your Quinces, and coar them; then take as much Sugar as they weigh, putting to every pound of Sugar one quart of Water, boyl your Quinces therein very leasurely being close covered, turn them to keep them from sporting; and when they are so tender that you may prick a hole through them with a rush, and that they are well coloured, then boyl the Syrup till it will button on a dish, and so put your Syrup and them together.

17. *To Pickle Cucumbers.*

Wash your Cucumbers clean, and dry them in a cloath, then take some Water, Vinegar, Salt, Fennel-tops, and some Dill-tops, and a little Mace, make

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## 6 *Preserving, Conserving,*

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make it sharp enough to the taste, then boyl it a while, and then take it off, and let it stand till it is cold, then put in the Cucumbers, and lay a board on the top to keep them down, and tye them up close, and within a Week they will be fit to eat.

### 18. *To Candy Pears, Plumbs, and Apricocks to look as clear as Amber.*

Take your Apricocks or Plumbs, and give every one a cut to the stone in the notch, then cast Sugar on them and bake them in an Oven as hot as for Maunchet close stopr, bake them in an earthen Platter and let them stand half an hour, then take them out of the dish, and lay them one by one upon Glass Plates, and so dry them; if you can get Glasses made like Marmalet boxes to lay over them, they will be the sooner Candyed. In this manner you may Candy any other Fruit.

### 19. *To Preserve Oranges.*

Take a pound of Oranges, and a Pound of Sugar; peel the outward rind, and inward white skin off, then take juyce of Oranges and put them into the juyce, boyl them half an hour and take them off.

### 20. *To make Oyl of Violets.*

Set the Violets in Salat Oyl, and strain them, then put in other fresh Violets, and let them lye twenty days, then strain them again and put in other fresh Violets, and let them stand all the year.

### 21. *To make Cream of Quinces.*

Take a roasted Quince, pair it, and cut it into thin slices to the coar, boyl it in a pint of Cream with a  
*little*

little whole Ginger, till it tast of the Quinces to your liking, then put in a little Sugar and strain it, and always serve it cold to the Table.

22. *To make a March-Pan.*

Steep two pound of picked Almonds one day and two nights in fair Water, and blaunch them out of it, then beat them well in a Morter, and bedew them with Rose-water, put to your Almonds so many pound of Sugar; and beat your Sugar with your Almonds, then make very fine crust either of Past or Wafer, and sprinkle it with Rose-water and Sugar; then spread the stuff on it, and bake it at a very soft fire, always bedewing it with Damask-water, Civer, and Sugar; and lastly with a gut of Dates guilt, or long Comfits guilt, or with Cinamon-sticks guilt, or the kernels of the Pine-apple, and so set it fourth.

23. *To make Almond Milk.*

Boyl French Barley, and as you boyl it, cast away the water wherein it was boyled, till you see the water leave to change colour; as you put in more fresh water, then put in a bundle of Serawberry leaves, and as much Cullumbine leaves, and boyl it a good while, then put in beaten Almonds and strain them, and then season it with Sugar and Rosemary, then strew some Sugar about the dish, and send it to the Table.

24. *To Preserve Apricocks or Pear-plumbs when they are green.*

You may take any of these fruits and scald them in water and peel them, and scrape the spongy substance

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stance of the Apricocks or Quinces, so boyl them very tender, taking their weight in Sugar, and as much water as to cover them, and boyl them very leasurely; then take them up and boyl the Syrup till it be thick, and when they are cold put them up with your Syrup into your preserving Glasses.

### *25. To Pickle French Beans.*

You must take your Beans and string them, boyl them tender; then take them off, and let them stand till they are cold, put them into the pickle of Beer Vinegar, Pepper and Salt, Cloves and Mace, with a little Ginger.

### *26. To make an Excellent Jelly.*

Take three Gallons of fair Water, and boyl in it a knuckle of Veal, and two Calves Feet slit in two, with all the fat clean taken from between the claws, so let them boyl to a very tender Jelly keeping it clean scum'd, and the edges of the pot always wiped with a clean Cloath, that none of the scum may boyl in, strain it from the meat, and let it stand all night, and the next morning take away the top and the bottom, and take a quart of this Jelly, half a pint of Sherry Sack, half an ounce of Cinnamon, and as much Sugar as will season it, six Whites of Eggs very well beaten, mingle all these together, then boyl it half an hour, and let it run through your Jelly bag.

### *27. To make Aqua Mirabilis.*

Take of Cloves, Galanga, Cubebs, Mace, Cardamums, Nutmegs, Ginger, of each one dram, juyce of Celandine half a pound, Spirit of Wine one  
pint.



pint, White-wine three pints, infuse them twenty four hours, and draw off a quart with an Alembick.

28. *Dr. Stevens Water.*

Take of Cinnamon, Ginger, Galanga, Cloves, Nutmegs, Grains of Paradise, seeds of Annis, Fennel, Carraways, of each one dram; herbs of Time, Mother of Time, Mint, Sage, Penny-royal, Pellitory of the Wall, Rosemary, Flowers of Red Roses, Camomile, Origanum, Lavender, of each one handful, infuse them twelve hours in twelve pints of Gascoign Wine, then with an Alembick draw three pints of strong Water from it.

• 29. *To make good Cherry Wine.*

Take the Syrup of Cherries, and when it hath stood a while bottle it up, and tye down the Cork, and in a short time it will be very good pleasaunt Wine.

30. *To make Wafers.*

Take a pint of flower, a little Cream, the yolks of two Eggs, a little Rose-water with some searced Cinnamon and Sugar, work them together, and Bake them upon hot Irons.

31. *To Preserve Grapes.*

Stamp and strain them, let it settle a while, before you wet a pound of Sugar or Grapes with the Juyce, stone the Grapes, save the Liquor, in the stoning, take them off and put them up.



*32. To Pickle Purslain.*

Take the Purslain and pick it into little pieces, and put it into a Pot or Barrel, then take a little water, Vinegar and Salt to your tast, it must be pretty strong of the Vinegar and Salt, and a little Mace, and boyl all these together, and pour this Liquor boyling hot into the Purslain, and when it is cold tye it close, but lay a little board on the top to keep it down, and within a week or two it is fit to eat.

*33. To Preserve green Walnuts.*

Boyl your Walnuts till the Water tast bitter, then take them off, and put them in cold water, and peel off the bark, and weigh as much Sugar as they weigh, and a little more Water then will wet the Sugar, set them on the fire, and when they boyl up take them off, and let them stand two days, and then boyl them again once more.

*34. To Reserve Currants.*

Part them in the tops, and lay a laying of Currants, and a laying of Sugar, and so boyl them as fast as you do Rasberries, do not put them in the spoon but scum them, boyl them till the Syrup be pretty thick; then take them off, and let them stand till they be cold, and put them in a Glass.

*35. To make Goose-berry Cakes.*

Pick as many Goose-berries as you please, and put them into an earthen Pitcher, and set it into a Kettle of water till they be soft, and then put them into a sieve, and let them stand till all the Juyce be out, and weigh the juyce, and as much Sugar as Syrup, first boyl

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boyl the Sugarto a Candy, and take it off, and put in the juyce, and set them in the press till they be dry, then they are ready.

*36. To make excellent Broath.*

Take a Chicken and set it on the fire, and when it boyls scum it, then put in a Mace, and a very little Oatmeal, and such hearbs as the party requires, and boyl it well down, and bruise the Chicken and put it in again and it is good broath: And to alter it you may put in six Prunes, and leave out the herbs or put them in as you please, and when it is well boyled, strain it and season it.

*37. To make Angellets.*

Take a quart of new Milk, and a pint of Cream and put them together in a little Runnel, when it is come well, take it up with a spoon, and put it into the Vare softly, and let it stand two days till it be pretty stiff; then slip it out and Salt it a little at both ends, and when you think it is Salt enough set it a drying and Wipe them, and within a quarter of a year they will be ready to eat.

*38. To make Jelly of Harts-horn.*

Take four ounces of shavings of Harts-horn of the inside, and two Ale-quarts of Water, put this in a pipkin and boyl it very gently till it come to a quart, the Harts-horn must be steeped 3 or 4 hours first, afterwards put a little into a Saucer till it be cold, and if it be cold, and Jellieth, it is boyled enough; then being warm take it off the fire, and strain it hard through a cloath, and set it a cooling till it be a hard Jelly, then take two whites of eggs, and beat them

them very well or with a sprigg of Rosemary or Birch, (but not with a spoon), till a water come in the bottom, then put these beaten Eggs, and the water thereof into a skillett and all the Jelly upon it with three spoonfulls of damask Rose-water, and a quarter of a pound of Sugar, and when it boyls, stir and lay it pretty well, then strain it through a cloath and let it cool, and of this take four spoonfulls in the morning fasting, and four a Clock in the Afternoon, and this is excellent good for the weakness in the back.

39. *To Preserve Damsons Red, or Black Plumbs.*

Take their weight in Sugar and water enough to make a Syrup to cover them, so boyl them a little therein being close covered turning them for spotting, let them stand all night in their own Syrup, then let them upon a pot of seething water, and suffer your Plumbs to boyl no faster then the water under them, and when they are both sweet and tender take them up, and boyl the Syrup again till they be thick, then put up your Plumbs and it together in your Preserving Glasse.

40. *To make Rosemary-Water.*

Take the Rosemary and the flowers in the midst of May, before the Sun rise, strip the leaves and flowers from the stalks, then take 4 or 5 Elecampane Roots, and a handful or two of Sage, then beat the Rosemary, Sage and roots together, till they be very small, then take three ounces of Cloves and as much Mace, and half a pound of Anniseeds, and beat these Spices every one by themselves, then take the Herbs and

the Spices, and put thereto 4 or 5 Gallons of good White-wine, then put in all these Herbs, Spices and Wine into an earthen Pot, and put the Pot into the ground about sixteen days, then take it up and distill it with a very soft fire.

41. *To make Pomatum.*

Take fresh Hogs suet cleansed from the films and washt in White-wine one pound, and as much Sheeps suet washt in White-wine, then take about sixteen Pomewater Apples cleansed and boyled in Rose-water; add to these Rose-wood, Sassafras, Roots of *Orrice*, *Floremine* of each six drams, of *Benzoin*, *Storax*, *Calamita*, half an ounce of each, and so make it into an Oyntment.

43. *To make Oyl of Sweet Almonds.*

Take dried sweet Almonds as many as you please, beat them very small and put them into a rough hempen cloath, and without fire by degrees press out the Oyl.

44. *An Excellent Water against fits of the Mother.*

Take Briony roots, Elder-berries ripe, and drest at a gentle heat in a Furnace, and cleans'd from their stalks, of each two ounces; leaves of Mugwort, Dittany, Featherfew, Nep, Basil, Penny-royal, Rue, Sabine, all dried in the Sun, of each half an ounce, peels of Oranges the out-side dry'd, an ounce and a half, Myrrh, Castoreum, of each three drams, Saffron one dram, powder them and steep them eight days in two quarts of the Spirit of Wine; then strain

strain through a very quick Hair-strainer, keep the strained liquor in a Glass very well stopr.

45. *To make Syrup of Wormwood.*

Take Roman Wormwood, or Pontick Wormwood half a pound, of red Roses two ounces, Indian spike three drams; old rich White-wine and juyce of Quinces of each two pints and a half, bruise them in an earthen Vessel twenty four hours, then boyl them till half be wasted, strain it, and put to the straining two pounds of Sugar, and boyl it to a Syrup.

46. *To make Conserve of Quinces.*

Take three quarters of the juyce of Quinces clarified, boyl it until two parts be wasted, then put to it two pounds of white Sugar, then boyl them to the thickness of Honey.

47. *To make Syrup of Poppies.*

Take the heads and seeds of White Poppy and black, of each fifty drams, Venus Hair fifteen; Licorice five drams, Jujubes thirty drams, Lettice seeds forty drams, and of the seeds of Mallows, and Quinces tyed up in a fine rag, of each one dram and a half; boyl them in eight pints of water, until half be wasted, strain it, and to every three pound of liquor put thereto Perrides and Sugar, of each one pound; boyl them to a Syrup.

48. *To make Honey of Roses.*

Take of pure White Honey dispumed, fresh juyce of red Roses one pound, put them into a Skillet, and when they begin to boyl, throw into them of fresh red Rose-leaves picked, four pounds, and boyl them  
until

until the juyce be wasted ; always stirring it, then strain it and put it up in an Earthen pot.

49. *To make Syrup of Lemons.*

Take of the Juyce of Lemons purified by going through a Woolen strainer with chrushing, three quarts and a half, and of White Sugar five pound, boyl them with a soft fire to a Syrup.

50. *To make Spirit of Wine.*

Take of good Claret, or White-wine, or Sack, enough to fill the Vessel wherein you make your distillation to a third part, then put on the Head furnished with Nose or Pipe, and so make your distillation first in ashes, drawing about a third part from the whole ; as for Example, six or eight pints out of four and twenty, then still it again in B. M. drawing another third part, which is two pints, so that the oftner you distil it, the less Liquor you have, but the more strong, some use to rectifie it seven times.

51. *To make Syrup of Maiden-hair.*

Take of the Herb Maiden-hair fresh gathered and cut a little, five ounces ; of roots of Licorish scraped two ounces, steep them twenty four hours in a sufficient quantity of Hot Water, then boyl them according to art ; Add four pound of Sugar to five pints of the clarified liquor, and then boyl them to a Syrup.

52. *To make Syrup of Licorish.*

Take of the Roots of Licorish scraped two ounces, of Colts-foot four handfuls, of Maiden-hair one ounce, of Hyssop half an ounce, infuse them twenty four



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four hours in a sufficient quantity of Water, then boyl them till one half be wasted, add to the strained Liquor, a pound of the best clarified Honey, and as much white Sugar, boyl them to a Syrup.

### 53. *To make the Kings Perfume.*

Take six spoonfuls of Rose-water, and as much Amber-grease as weigheth two Barly Corns, and as much Civet, with as much Sugar as weigheth two pence beaten in fine powder: all these boyled together in a Perfuming pan, is an excellent Perfume.

### 54. *The Queens Perfume.*

Take four spoonfuls of spike water, and four spoonfuls of Damask water, thirty Cloves, and eight Bay-leaves, shred as much Sugar as weigheth two pence, all these boyled make a good Perfume.

### 55. *King Edwards Perfume to make your house smell like Rosemary.*

Take three spoonfuls of perfect Rosemary, and as much Sugar as half a Walnut beaten in small powder, all these boyled together in a perfuming Pan upon hot Embers with a few Coals, is a very sweet Perfume.

### 56. *To make Conserve of Rosemary.*

Take your flowers of Rosemary, which you may gather either in March or September; when you have beaten them to pap, take three times their weight in Sugar, pound them altogether and set them in the Sun and so use them.

57. *To*



## 57. To make Syrup of Cowslips.

Take the distilled water of Cowslips, and put thereto your flowers of Cowslips clean pickt, and the green knobs in the bottom cut off, and boyl them up into a Syrup, take it in Almond Milk, or some other warm thing; it is good against the Palsie and Frenzy, and to procure sleep to the sick.

## 58. To make Marmelade of Lemmons and Oranges.

You may boyl eight or nine Lemmons or Oringes, with four or five Pippins, and draw them through a strainer; then take the weight of the pulp altogether in Sugar and boyl it as you do Marmelade of Quinces, and so box it up.

## 59. To make Angelica Water.

Take a handful of *Carduus Benedictus* and dry it, then take three ounces of Angelica-roots, one dram of Myrrh, half an ounce of Nutmegs, Cinnamon and Ginger four ounces of each, one dram and a half of Saffron, of Cardoneus, Cubes, Galingal and Pepper, of each a quarter of an ounce, two drams of Mace, one dram of Grains, of Lignum Aloes, Spikenard, *Junius Oleratus*; of each a dram, Sage, Borage, Buglos, Violets, and Rosemary flowers, of each half a handful, bruise them and steep them in a pottle of Sack twelve hours, and distil it as the rest.

## 60. To make Quidany of Cherries.

When your Cherries are fully ripe, and red to the stone, take them and pull out the stones, and boyl your

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your Cherries till they be all broken, then strain them, and take the Liquor strained out and boyl it over again, and put as much Sugar to it as you think convenient, and when it is boyled, that you think it is thick enough, put it into your boxes.

### 61. *To dry Cherries.*

Take six pound of Cherries and stone them, then take a pound of Sugar and wet it with the juyce of the Cherries, and boyl it a little, then put in your Cherries and boyl them till they are clear, let them lye in the Syrup a week, then drain them from the Syrup, and lay them on thin boards, or sheets of Glass to dry in a stove, turn them twice a day, and when they are dry, wash off the claminess with warm water, and dry them a little longer.

### 62. *To make Brown Metheglin.*

Take strong Ale-wort, and put as much Honey to it as will make it strong enough to bear an Egg; boyl them very well together, then set it a cooling, and when it is almost cold, put in some Ale-yeast, then put it into a strong Vessel, and when it hath done working, put a bag of Spices into the Vessel and some Lemmon peel and stop it up close, and in a few days it will be fit to drink, but the longer you keep it the better.

### 63. *To Candy Oranges or Lemmons after they are Preserved.*

Take them out of the Syrup, and drain them well, then boyl some Sugar to a Candy height, and lay your Peels in the bottom of a seive and pour your hot Sugar over them, and then dry them in a stove, or warm Oven.

64. *To*

64. *To Preserve Oranges after the  
Portugal fashon.*

Open your Oranges at the end, and take out all the meat, then boyl them in several waters, till a straw may go through them, then take their weight and half in fine Sugar, and to every pound of Sugar a pint of water, boyl it and scum it, then put in your Oranges and boyl them a little more, then take them up, and fill them with Preserved Pippins, and boyl them again till you think they are enough, but if you will have them jelly, make a new Syrup with the water wherein some sliced Pippins have been boyled, and some fine Sugar, and that will be a stiff Jelly.

65. *To make good Usquebath.*

Take two Gallons of good Aquavita, four ounces of the best Liquorice bruised, four ounces of Aniseeds bruised, put them into a Wooden, Glass, or Stone Vessel, and cover them close, and so let them stand a week, then draw off the clearest and Sweetest with Molosso's, and keep it in another Vessel, and put in some Dates, and Raisons stoned; keep it very close from the Air.

66. *To make Italian Bisket.*

Take serced Sugar, and a little of the white of an Egg, with some Ambergreece and Musk, beat them all to a past in an Aleblaster Morter, and mould it in a little Anniseed finely dusted, then make it up in Loaves, and cut them about like Mauncher, then bake them in an Oven as Hot as for Mauncher, and when they are risen somewhat high upon the Plates  
take

take them forth and remove them not off the Plates till they be cold, for they will be very apt to break.

*67. To make French Bisket,*

Take half a peck of flower, with four Eggs, half a pint of Ale-yeast, one ounce and half of Anniseed, a little sweet Cream, and a little cold water, make all into a Loaf, and fashion it something long, then cut it into thick slices like Toasts, after it hath stood two days, and rub them over with powdered Sugar, and lay them in a warm Sun, and so dry them and Sugar them as you dry them three or four times, then put them into Boxes for use.

*68. To make Sugar Plate.*

Take serced Sugar, and make it up in past with Gum-dragon steeped in Rose-water, and when you have brought it to a perfect past rowle it as thin as e're you can, and then Print it in Moulds of what fashion you please, and so let them dry as they lye.

*69. To make Pomander.*

Take half an ounce of Benjamin, and as much Storax; and as much Lapdanum, with six grains of Musk, and as much Civer, and two grains of Amber-grease, and one dram of sweet Balsom, then roul it up in Beads as big or as little as you please, and whilst they are Hot make holes in them to serve for your use.

*70. To make Conserve of Damsons,*

Take ripe Damsons and put them into scalding water, and half an hour after set them over the fire

fire till they break; then strain them through a Colender, and let them cool therein, then strain them (through a piece of Canvas) from their stones and skins, and then set them over the fire again, then put to them a good quantity of red Wine, and so boyl it, often stirring it till it be thick, and when it is almost boyled enough, put in a convenient proportion of Sugar, and stir it very well together, and then put it into your Gally-Pots.

### 71. To bake Oranges.

Peel all the Bark off, and boyl them in Rose-water and Sugar till they are tender, then make your Pye, and set them whole in it, and put in the Liquor they are boyled in into the Pye, and season it with Sugar, Cinamon and Ginger.

### 72. To Preserve Peaches.

Take a pound of your fairest and best coloured peaches, and with a wet linnen cloth wipe off the white hoar of them, then parboil them in half a pint of White-wine and a pint and a half of running-water, and being parboil'd, peel off the white skin of them and then weigh them; take to your pound of peaches three quarters of a pound of refined Sugar, and dissolve it in a quarter of a pint of White-wine, and boyl it almost to the height of a Syrup, then put your Peaches and let them boyl in the Syrup a quarter of an hour or more if need require, then put them up and keep them all the year.

### 73. To Preserve Goose-berries.

Take Goose-berries, or Grapes, or Barberries, and somewhat more then their weight in Sugar bea-

take them forth and remove them not off the Plates till they be cold, for they will be very apt to break.

*67. To make French Bisket,*

Take half a peck of flower, with four Eggs, half a pint of Ale-yeast, one ounce and half of Anniseed, a little sweet Cream, and a little cold water, make all into a Loaf, and fashion it something long, then cut it into thick slices like Toasts, after it hath stood two days, and rub them over with powdered Sugar, and lay them in a warm Sun, and so dry them and Sugar them as you dry them three or four times, then put them into Boxes for use.

*68. To make Sugar Plate.*

Take serced Sugar, and make it up in past with Gum-dragon steeped in Rose-water, and when you have brought it to a perfect past rowle it as thin as e're you can, and then Print it in Moulds of what fashion you please, and so let them dry as they lye.

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71. *To bake Oranges.*

Peel all the Bark off, and boyl them in Rose-water and Sugar till they are tender, then make your Pye, and let them whole in it, and put in the Liquor they are boyled in into the Pye, and season it with Sugar, Cinamon and Ginger.

72. *To Preserve Peaches.*

Take a pound of your fairest and best coloured Peaches, and with a wet linnen cloth wipe off the white hoar of them, then parboil them in half a pint of White-wine and a pint and a half of running-water, and being parboil'd, peel off the white skin of them and then weigh them; take to your pound off Peaches three quarters of a pound of refined Sugar, and dissolve it in a quarter of a pint of White-wine, and boyl it almost to the height of a Syrup, then put in your Peaches and let them boyl in the Syrup a quarter of an hour or more if need require, then put them up and keep them all the year.

73. *To Preserve Gooj-berries.*

Take Gooj-berries, or Grapes, or Barberries, and take somewhat more then their weight in Sugar bea-



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een very fine, and so lay one laying of Fruits, and another of Sugar, till all are laid in your preserving pan, then take six spoonfuls of fair Water, and boyl your Fruits therein as fast as you can, until they be very clear, then take them up, and boyl the Syrup by it self, ti lit be thick, when they are cold put them into Gally-pots.

### 74. *To Preserve Pippins white.*

Pare your Pippins and cut them the cross way, and weigh them, add to a pound of Sugar a pint of water; then put the Sugar to the water and let it boyl a while, and then put in your Pippins, and let them boyl till they be clear at the core, then take them off and put them up.

### 75. *To Preserve Grapes.*

Stamp them and strain them, and then let it settle a while, then wet a pound of Sugar or Grapes with the juyce, stone the Grapes, save the Liquor in the stoning, take off the stalks, give them a boyling, take them off, and put them up.

### 76. *To Preserve Angellica Roots.*

Wash the Roots and slice them very thin, and lay them in water three or four days, change the water every day, then put the Roots into a pot of water, and set them in the embers all night, in the morning put away the water, then take a pound of Roots, four pints of water, and two pound of Sugar, let it boyl, and scum it clean, then put in the Roots, which will be boyled before the Syrup, then take them up and boyl the Syrup after, they will ask a whole days work very softly, at St. Andrews time is the best time to do them in all the year.

*77. To make Syrup of Quinces.*

Take of the ~~juice~~ of Quinces clarified three quarts; boyl it over a gentle fire till half of it be consumed, scum it, and add to it three pints of red Wine, with four pound of white Sugar, boyl it into a Syrup, and perfume it with a dram and a half of Cinnamon, and of Cloves and Ginger, of each two scruples.

*78. To make Walnut-Water.*

Take of green Walnuts a pound and half, Garden Radish roots one pound, green Asarabacca six ounces, Radish-seeds four ounces; let all of them being bruised be steeped in three pints of White-wine Vinegar for three days, and then distill them in a leaden Still till they be dry.

*79. To make Treakle Water.*

Take of the juice of green Walnuts four pound, juice of Rue three pound, juice of Carduus, Marigolds and Balm, of each two pound, green Petasitis Roots one pound and half, the Roots of Burs one pound, Angelica and Masterwort of each half a pound; the leaves of cordium four handfuls, old Venice Treacle and Mithridate of each eight ounces, Canary wine six quarts, Vinegar three quarts, juice of Lemons one quart; digest them two days either in Horfe-dung or in a Bath, the Vessel being close shut, then distill them in Sand, in the distillation you may make a Theriacal extraction.

*80. To make Syrup of Cinamon.*

Take of Cinamon grossly bruised four ounces, steep it in White-wine, and small Cinamon water of each

Half a pound, three days in a glaſs by a gentle fire; ſtrain it, and with a pound and half of Sugar boyl it gently to a Syrup. This Syrup refreſhes the Vital ſpirits and Cherisheth the Heart and Stomach, helps Digeltion, and Cherisheth the whole Body exceedingly.

*81. To make Syrup of Citron Peels.*

Take of fresh yellow Citron Peel's, five ounces, the berries of Cherms, or the juyce of them brought over to us two drams, Spring-water two quarts; ſteep them all night, boyl them till half be conſumed, take off the ſcum, ſtrain it, and with two pound and a half of the whitest Sugar, boyl it into a Syrup: let half of it be without Musk, but perfume the other half with three Grains of Musk tyed up in a rag.

*82. To make Syrup of Harts-horn.*

Take of Harts-tongue three handfuls, Polipodium of the Oak, the roots of both ſorts of Bugloſ, barks of the roots of Capers and Tamaris of each two ounces, Hops, Dodder, Maiden-hair, Balm, of each two handfuls, boyl them in four quarts of Spring-water till it comes to five, ſtrain it, and with four pound of Sugar, make it into Syrup according to Art.

*83. An Oyl Perfume for Gloves that ſhall never ont.*

Take Benjamin two ounces, Storax and Calamint each one ounce, but the two firſt muſt be finely beates by themſelves; then take a pound of ſweet Almonds and mingle it with the Storax and Benjamin upon a Marble ſtone, and then put it into an earthen pot with more Oyle; then put in your Gloves powdered, and

and so let it stand very close covered; and when you will perfume a pair of Gloves, take a little fair water in a spoon and wipe your Gloves very fine with it; take another spoon, and dip it in your Oyl, and rub it on your Gloves, and let them dry, this is excellent.

84. *An excellent Water for one that is in a Consumption.*

Take three pints of Milk, and one pint of red Wine, twenty four yolks of Eggs, beat them very well together, then add to much white-bred as will drinke up the Wine, and put to it some Cowslip flowers, and distill them: Take a spoonful of this Morning and Evening in Chicken or Mutton broth, and in the Month it will cure any Consumption.

85. *To make Barley Water.*

Take a penny-worth of Barley, a penny-worth of Raisins of the Sun, a penny-worth of Anniseeds, an half penny-worth of Liquorish, about two quarts of water, boyl altogether till half be consumed then strain it, and when it is cold, drink it, your Liquorish must be sliced into small Peices.

86. *Dr. Deodates Drink for the Scurvy.*

Take Roman Wormwood, *Carduus Benedictus*, Scurvy-grass, Brook-lime, Water-cresses, Water-trifol, of each one handful, Dodder, Cetrach, Soodlopendria, Burrage, Buglos, Somel, Vervain, or Speedwel, of each half a handful, Elicampaine-root one ounce, Raisins of the Sun three ounces, slices of Oranges and Lemons, of each fifteen, boyl or rather

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ther infuse these in a double glass with so much White-wine as will make a pint and a half of the Liquor when it is done.

### 87. *A Conserve for to strengthen the Back.*

Take Bringo-roots, and Conserve them as you do damask, white and red Roses, in every respect, the pith being taken out; one pound and a half of Sugar is enough for every pound of Roots, with three pints of water, stew them closely at first as you do your Roses; if you add to them five or six grains of Amber-grease beaten to fine powder, it will be much more Cordial.

### 88. *To make an Excellent Aqua Composita for a Surfeit or cold Stomach.*

Take a handful of Rosemary, a root of Enula-campane, a handful of Hysop, half a handful of Thyme, six handfuls of Sage, as much Mint, and as much Penny-royal, half a handful of Hore-hound, two ounces of Liquorish well bruised, and as much Anniseeds; then take two gallons of the best strong Ale, and take all the hearbs aforesaid, and wring them asunder, and put them into an earthen pot well covered, and let them stand a day and a night; from thence put all into a brass pot, and set it on the fire, and let it stand till it boyl, then take it from the fire and set your Limbeck on the pot, and stop it close with past that there come no air out of it, and still it over with a soft fire, you may add to it a handful of red Fennel.

*89. To make Balm-water.*

Take four gallons of strong stale Ale, half a pound of Liquorish, two pound of Balm, two ounces of Figs, half a pound of Anniseeds, one ounce of Nutmegs, shred the Balm and Figs very small, and let them stand sleeping four and twenty hours, and then put it in a Still as you use Aquavint.

*90. To Pickle Broom-buds.*

Take as many Broom-buds as you please, make linnen bags and put them in, and tye them close, then make some brine with water and Salt, and boyl it a little, let it be cold, then put some brine in a deep earthen pot, and put the bags in it, and lay some weight on them, let it lye there till it look black, boyl them in a little Cauldron, and put them in Vinegar a week or two, and they will be fit to eat.

*91. To make good Raspberry Wine.*

Take a gallon of Sack, in which let two gallons of Raspberries stand sleeping the space of twenty four hours, then strain them, and put to the Liquor three pound of Raisins of the Sun stoned, let them stand together four or five days, being sometime stirred together, then pair off the clearest and put it up in Bottles and set it in a cold place, if it be not sweet enough you may put Sugar to it.

*92. To make excellent Hypocras in an Instant.*

Take of Cinamon two ounces, Nutmegs, Ginger, of each half an ounce, Cloves two drams, bruise these small, then mix them with as much Spirit of wine,



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Wine, as will make them into a past, let them stand covered in a glass the space of six days in a cold place, then press out the Liquor and keep it in a glass. A few drops of this Liquor put into any wine giveth it a gallant relish and Odour, and maketh it as good as any Hypocras whatsoever in an instant.

### 93. *To make Artificial Malmsey.*

Take two gallons of *English Honey*, put into it eight gallons of the best Spring-water, set these in a Vessel over a gentle fire, when they have boyl'd gently an hour take them off, and when they be cold put them into a small Barrel or Runlet hanging in the Vessel a bag of spices, and set it in the Cellar, and in half a year you may drink thereof.

### 94. *To make Artificial Claret-wine.*

Take six gallons of water, two gallons of the best Syder, put thereto eight pound of the best Malaga-raissins bruised in a Morter, let them stand close covered in a warm place the space of a Fortnight, every two days stirring them well together: then press out the Raisins, and put the Liquor into the said Vessel again, to which add a quart of the juyce of Raspberries, and a pint of the juyce of black Cherries; cover this Liquor with bread spread thick with strong Mustard, the Mustardseed being downward, and so let it work by the fire side three or four days, then turn it up and let it stand a week, and then bottle it up, and it will last as quick as Botle Beer and become a very pleasant drink, and indeed far better and wholesomer then our common Claret.



95. To make Spirit of Amber-grease.

Take of Amber-grease two drams, of Musk a dram, cut them small, and put them into a pint of wine, close up the glass Hermetically and digest them in a very gentle heat till you perceive they are dissolved, then you may use it; two or three drops or more if you please of this spirit put into a pint of wine, gives it a rich Odour, or if you put two or three drops round the brims of the glass it will do as well; half a spoonful of it taken either of itself, or mixt with some specifical Liquor is a most rich Cordial.

c. 6. An Excellent sweet Water.

Take a quart of Orange-flower water, as much Rose water, with four ounces of Musk, Willow seeds grossly bruised, of Benjamin two ounces, of Storax an ounce, of Labdanum six drams; of Lavender flowers two pugils, of sweet Marjoram as much, of *Calamus Aromaticus* a dram, distill all these in a glass still in *Balneo*, the Vessel being very well closed that no Vapour breath forth; Note that you may make a sweet water in an Instant, by putting in a few drops of some distilled Oyls together into some Rose-water, and Brew them altogether.

97. *Dr. Burges Plaque-water.*

Take three pints of Muscadine and boylin it Sage and Rue, of each a handful till a pint be wasted, then strain it, and set it over the fire again, put thereto a dram of long Pepper, Ginger and Nutmeg, of each half an ounce, being all bruised together, then boyl them a little, and put thereto half an ounce of Andromachus Treacle, three drams of Mechridate, an,

a quarter of a pint of Angellica water. Take a ſpoonful or two of this Morning and Evening.

*98. To dry Cherries or Plumbs in the Sun.*

If it be ſmall fruit you muſt dry them whole by laying them abroad in the hot Sun in ſtone or pewter diſhes or tin pans, turning them as you ſee cauſe, but if your Plumbs be large, ſlit them in the middle and lay them abroad in the Sun, and if they be very large then give each Plumb a ſlit on each ſide, and if the Sun do not ſhine ſufficiently, then dry them in an Oven that is temperately warm.

*99. To Preſerve Pippins green.*

Take Pippins when they be ſmall and green off the Tree, and pare three or four of the worſt, and cut them all to pieces, then boyl them in a quart of fair water till they be Pap, then let the liquor come from them as they do from your Quiddany into a baſon, then put into them one pound of Sugar clarified, and put into it as many green Pippins unpar'd as that liquor will cover, and ſo let them boyl ſoftly, and when you ſee they be boyled as tender as a Codling, then take them up and peel off the outermoſt white ſkin, and then they will be green, then boyl them again in the Syrup till it be thick, and you may keep them all the year.

*100. To make Syrup of Hyſop.*

Take of Hyſop one handſul, of Figs, Raiſins, Dates, of each an ounce, boyl theſe in three pints of water to a quart, then ſtrain and clarify it with the whites of two Eggs and two pound of Sugar, and ſo boyl them to a Syrup, and bring boyled enough keep them all the year.

101. *To make Rosa-Solis.*

Take Liquorish eight ounces, Anniseeds and Carraway of each an ounce; Raisins ston'd and Dates of each three ounces, Nutmegs, Ginger, Mace, of each half an ounce, Galingal a quarter of an ounce, Cubebs one dram, Figs two ounces, Sugar four ounces; bruise these and distill them with a gallon of Aquavivæ as the rest, but when it is distilled, you must colour it with the Herb Rosa-Solis or Alkanet-Root.

102. *To make Muscadine-Comfits.*

Take half a pound of Musk-Sugar beaten and searced, then take Gumdragagant steeped in Rose-water and 100 grains of Musk, and so beat them in an Alabaster-Mortar till it come to a perfect Past, then roul it very thin, and cut it in small Diamond peices and then bake them, and so keep them all the year.

103. *To make Conserve of Burrage-flowers.*

Let your flowers be well coloured, and pick the blacks from them, then weigh them, and to every ounce of flowers you must take three ounces of Sugar, and beat them together in a stone Mortar with a wooden Pestle till they be very fine; then take them out and put the Conserve into a Pipkin, and heat it thorow hot, put them up and keep them all the year.

104. *To Candy Ginger.*

Take very fair and large Ginger and pare it, and lay it in water a day and a night; then take double refined Sugar and boil it to the height of Sugar again, and when your Sugar begins to be cold, take your  
Gin-

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Ginger and stir it well about while your Sugar is hard to the Pan; then take it out piece by piece and lay it by the Fire four hours, then take a pot and warm it, and put the Ginger in it, tye it up close and every other morning stir it about throughly, and it will be Rock-Candied in a little time

### 105. *To make Manus-Christi.*

Take half a pound of refined Sugar, and some Rose-water, boyl them together till it come to Sugar again, then stir it about till it be somewhat cold, then take least Gold and mingle with it, then cast it according to Art in round gobbets, and so keep them.

### 106. *To make Conserve of Strawberries.*

First boyl them in water, and then cast away the water and strain them, then boyl them in White-wine, and work as in Prunes, or else strain them being ripe, then boyl them in White-wine and Sugar till they be stiff.

### 107. *To make Conserve of Prunes.*

Take the best Prunes, put them into Scalding water, let them stand a while, then boyl them over the Fire till they break, then strain out the water through a Cullender, and let them stand therein to cool, then strain the Prunes through the Cullender, taking away the stones and skins, then set the pulp over the fire again, and put there o a good quantity of red Wine and boyl them to a thickness, still stirring them up and down, when they are almost enough put in a sufficient quantity of Sugar, stir all well together, and then put it up in your Gally-Pots

108. *To make Christial-Jelly.*

Take a knuckle of Veal, and four Calves-feet; put them on the fire with a gallon of fair water, and when the Flesh is boyl'd tender take it out, then let the Liquor alone till it be cold, then take away the top and bottom of the Liquor, and put the rest into a clean Pipkin, and put into it one pound of refined Sugar, with four or five drops of Oyl of Cinamon and Nutmegs, and a grain of Musk, and so let it boyl a quarter of an hour leisurely on the fire, then let it run through a Jelly-bag into a Bason, with the whites of two Eggs beaten, and when it is cold you may cut it into lumps with a spoon, and so serve three or four lumps upon a Plate.

109. *To make Jelly of Strawberries, Mulberries, Raspberries, or any other such tender Fruit.*

Take your Berries and grind them in a Stone mortar with four ounces of Sugar, and a quarter of a pint of fair water, and as much Rose-water, and boyl it in a skillet with a little Ising-glass, and so let it run through a fine Cloth into your Boxes and you may keep it all the year.

110. *To Candy Rosemary-Flowers.*

Pick your Flowers very clean, and put to every ounce of flowers two ounces of hard Sugar, and one ounce of Sugar-candy, and dissolve them in Rosemary-flower-water, and boyl them till they come to a Sugar again, when your Sugar is almost cold put in your Rosemary-flowers and stir them together till they

they be enough, then take them out and put them in your boxes, and keep them in a store for use.

### *III. To Candy Burrage-Flowers.*

Pick the flowers clean and weigh them, and do in every respect as you did your Rosemary-flowers, only when they be Candyed you must set them in a Still, and so keep them in a sheet of white Paper putting every day a Chafing-dish of Coals into your Still, and it will be excellently candyed in a small time.

### *III. To make Bisket-Cakes.*

Take a peck of Flower, four ounces of Coriander-seed, one ounce of Anniseed; then take three Eggs, three spoonfuls of Ale yeast, and as much warm water as will make it as thick as past for Maunchers, make it into a long roul and bake it in an Oven an hour, and when it is a day old, pare it and slice it, Sugar it with searced Sugar and put it again into the Oven, and when it is dry take it out, and new Sugar it again, and so box it and keep it.

### *III. To make Past-Royal.*

Take a pound of refined Sugar beaten and searced, and put into a Stone Mortar, with an ounce of Gum-dragagan steeped in Rose-water, and if you see your Past be too weak put in more Sugar, if too dry more gum, with a drop or two of Oyl of Cinnamon, beat it into a perfect Past, and then you may print it in your moulds, and when it is dry guild it, and so keep them.

### *III. To*



*114. To make Apricock-Cakes.*

Procure the fairest Apricocks you can get, and let them be parboyl'd very tender, take of the same quantity of Sugar whereof the pulp is, and boyl them together very well al'ways keeping them stirring for fear of burning too, when the bottom of the Skillet is dry they are enough, then put them into little Cards sowed round about, and dust them with fine Sugar, and when they are cold, stone them and turn them, and fill them up with some more of the same stuff, but let them stand three or four days before you remove them from the first place, when you find them begin to Candy take out the Cards and dust them with Sugar.

*115. To make Conserve for Tarts all the Year.*

Take Damsons or other good ripe Plumbs, and peel off their skins, and so put them into a Pot, to Pippins pared, and cut in peices, and so bake them, then strain them through a peice of Canvas, and season them with Cinamon, Sugar, Ginger, and a little Rose-water: Boyl it upon a Chafing-dish of Coals, till it be as thick as a Conserve, and then put it into your Gally-pots, and you may keep it good all the year.

*116. To dry Pippins.*

Take the fairest yellow Pippins, and pare them, and make a hole through every one, then parboyl them a little in fair water, then take them up, and put them in o as much Clarified Sugar as will cover them, and let them boyl very gently a little while in  
that



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this Syrup, then take them out, and put them into an earthen Platter, then cast fine Sugar upon them, and set them into the Oven half an hour, then take them out, and cast some more Sugar on them, (being turned) and do so three times, and they will be well dried.

### 117. *To make Past of Genna.*

Take two pound of the pulp of Quinces, and as much of Peaches, strain it and dry it in a Pewter-platter upon a Chafing-dish of Coals, then weigh it, and boyl it to the height of *Manus-Christi*, and then put them together, and so Fashion it upon a Pye-plate, and dry it in an Oven with a Chafing-dish of Coals till it be through dry, and then if you please you may spot them with Gold.

### 118. *To make Leach.*

Make your Jelly for your Leach with Calves Feet, as you do your Ordinary Jelly, but a little stiffer, and when it is cold take off the top, and the bottom, and set it over the Fire with some Cinamon and Sugar, then take your Turnsole being well steeped in Sack, and crush it, and so strain it in your Leach, and let it boyl to such a thickness, that when it is cold you may slice it.

### 119. *To dry any kind of Fruits after they are Preserved.*

Take Pippins, Pears, or Plumbs after they are preserved out of the Syrup, and wash them in warm water, and then strew them over with Sugar finely searcel, as you do flower upon Fish to fry, and set them into a broad earthen Pan, and lay them one by

by another; then set them into a warme Stove or Oven until they be dry, and turn them every day till they are quite dry; and if you please, you may Candy them therewithal, cast Sugar three or four times as you dry them.

### 120. *To make Quiddary of Quinces.*

Take the Kernels out of seven or eight great Quinces, and boyl the Quinces in a quart of Spring-water, till it come to a pint, then put into it a quarter of a pint of Rose-water, and one pound of fine Sugar, and so let it boyl till it come to be of a deep colour, then take a drop and drop it into the bottom of a saucer, and if it stand, take it off, then let it run through a Jelly-bag into a bason, then set it over a Chafing-dish of Coals to keep it warm, then take a spoon and fill your Boxes as full as you please, when they be cold, cover them, and if you please to print it in moulds, wetting your moulds with Rose-water, and so let it run in, and when it is cold, turn it into Boxes.

### 121. *To make Sweet Cakes without either Spice or Sugar.*

Take Parsneps, and scrape or wash them clean, slice them thin, and dry them well, beat them to powder, mixing one third part thereof with two thirds of fine Wheat-Flower, make up your past into Cakes, and you will find them very sweet and delicate.

### 122. *To make VVormwood-wine.*

Take small Rochel or Camahe-Wine, put a few drops of the Extracted Oyl of Wormwood therein, brew it together out of one pot into another, and you

## 38 *Preserving, Conserving,*

you shall have a more neat and wholesome wine for your body, than that which is sold for right Worm-wood-wine.

### 123. *To make sweet Bags to lye among Linnen.*

Fill your bags only with *Lignum* and *Rhodium* finely beaten, and it will give an excellent Scent to your Linnen.

### 124. *To make Spirit of Honey.*

Put one part of Honey to five parts of water, when the water boyleth dissolve your Honey therein, scum it, and having boyled an hour or two, put it into a wooden Vessel, and when it is blood warm set it on the fire with Yeast, after the usual manner of Beer and Ale turn it, and when it hath lain some time, it will yield a Spirit by Distillation, as Wine, and Ale will do.

### 125. *To Preserve Artichocks.*

Cut off the stalks of your Artichocks within two Inches of the Choak, and make a strong Decoction of the rest of the stalks, slicing them into thin small pieces, and let the Artichocks lye in this Decoction, and when you use them, you must put them first in warm water, and then in cold, and so take away the bitterness of them

### 126. *To make a Syrup for a Cough of the Lungs.*

Take a Pottle of fair Running water in a new Pipkin, and put into it half an ounce of Sydrack, half an ounce of Maiden Hair, and a good handful of Ele-  
campane

campane Roots sliced, boyl altogether, until half be boyled away, even to a Syrup, then put into it the whites of Eggs, and let it boyl two or three walms, and give the Patient a spoonful Morning and Evening.

### 127. To make Banbury Cakes.

Take four pound of Currants, wash and pick them very clean, and dry them in a Cloath, then take three Eggs, and put away one Yolk, and beat them, and strain them with Yeast, putting thereto Cloves, Mace, Cinamon, and Nutmegs, then take a pint of Cream, and as much Mornings Milk, and let it warm, then take Flower, and put in good store of cold Butter and Sugar, then put in your Eggs, Yeast, and Meal, and work them all together an hour or more, then save a piece of the Past, and break the rest in pieces, and work in your Currants, then make your Cake what quantity you please, and cover it very thin with the Past wherein were no Currants, and so bake it according to the bigness.

### 128. To make Ginger-bread.

Take a quart of Honey, and set it on the coals and refine it, then take Ginger, Pepper, and Licorise of each a penny-worth, a quarter of a pound of Anni-seeds and a penny-worth of Saunders; beat all these, and searce them, and put them into the Honey, add a quarter of a pint of Claret-Wine, or old Ale, then take three penny Maunchets finely grated, and strew it amongst the rest, and stir it till it come to a stiff past, make them into Cakes and dry them gently.

129. To

129. *To make Wormwood-water.*

Take two Gallons of good Ale, a pound of Anniſeeds, half a pound of Liquorice, and beat them very fine, then take two good handfulls of the Crops of Wormwood, and put them into Ale, and let them ſtand all Night, and let them ſtand in a Limbeck with a moderate Fire.

130. *To make Paſt of Quinces.*

Fiſt boyl your Quinces whole, and when they are Soft, pare them, and cut the Quince from the Core, then take the fineſt Sugar you can get finely beaten or ſearced, and put in a little Roſe-water, and boyl it together till it be ſtiff enough to mould, and when it is cold, roul it and print it: A pound of Quinces will require a pound of Sugar, or thereabout.

131. *To make thin Quince Cakes.*

Take your Quince when it is boyled ſoft as beſore, and dry it upon a Pewter Plate with a ſoft heat, and ſtir it with a ſlice till it be hard, then take ſearced Sugar to the ſame weight, and ſtrew it upon the Quince as you beat it in a Wooden or Stone Mortar, and ſo roul them thin, and print them.

132. *To make fine Cakes.*

Take a Pottle of fine Flower, and a pound of Sugar, a little Meal, and good ſtore of water to mingle the Flower into a ſtiff Paſt, with a little Salts, and ſo knead it, and roul out the Cakes thin, and bake them on Paper.

133. *To*

133. *To make Suckers.*

Take Curds, and the paring of Lemons, Oranges, or Pome. Citrons, or indeed any half ripe green Fruit, and boyl them till they be tender in sweet wort, then take three pound of Sugar, the whites of four Eggs, and a Gallon of water, beat the water and Eggs together, and then put in your Sugar, and set it on the Fire, and let it have a gentle fire, and let it boyl six or seven walms, then strain it through a cloath, and set it on again, till it fall from the Spoon, and then put it into the Rinds, or Fruits.

134. *To make Leach Lombard.*

Take half a pound of blanched Almonds, two ounces of Cinnamon bearen and searced, half a pound of Sugar, beat your Almond, and strew on your Cinamon and Sugar, till it come to a past, then roul it, and print it as aforesaid.

135. *To make a Rare Damask Water.*

Take a quart of Malmsey Lees, or Malmsey, one handful of Marjoram, as much Basil, four handfuls of Lavender, one handful of Bay-leaves, four handfuls of Damask-Rose-Leaves, as many Red Roses, the peels of six Oranges, or else one handful of the tender Leaves of Walnut-Trees, half an ounce of Benjamin, *Calamus Aromaticus* as much, of Camphire four drams, of Cloves an ounce, of Bilsdamum half an ounce, then take a pottle of Running Water, and put in all these Spices bruised into your Water and Malmsey together in a pot close stored, with a good handful of Rosemary, and let them stand for the space of six days, then distil it with a soft fire, and  
set



set it in the the Sun sixteen days, with four Grains of Musk bruised, this Quantity will make three quarts of Water.

136. *To make Washing Ba's.*

Take *Storax* of both kinds, *Benjamin*, *Calamus*, *Aromaticus*, *Lapdinium*, of each alike, and bray them to powder with Cloves and Orris, then beat them all with a sufficient Quantity of Soap till it be stiff, then with your hand work it like paste, and make round balls thereof.

137. *To make a Musk Ball.*

Take Nutmegs, Mace, Cloves, Saffron, and Cinnamon, of each the weight of two pence, and beat it to fine powder, add as much Maltick, of *Storax* the weight of Six pence, of *Lapdinium* the weight of ten pence, of Amber grease the weight of six pence, and of Musk four Grains, dissolve and work all these in hard sweet Soap, till it come to a stiff Paste, and then make balls thereof.

138. *To make Imperial Water.*

Take a Gallon of *Gascoin* Wine, Ginger, Galingal, Nutmegs, Grains, Cloves, Anniseeds, Fennel-seeds, Caraway-seeds, of each one dram, then take Sage, Mint, Red Roses; Time, Pellitory, Rosemary, Wild Thyme, Camomile, and Lavender, of each a handful, then beat the Spices small and the herbs also, and put all together into the Wine, and let it stand so twelve hours, stirring it divers times, then Distill it with a Limbeck, and keep the first water for it is best; of a Gallon of Wine you must not rake above a quart of water. This water comforteth the

*Vital*



Viral Spirits, and helpeth the inward Diseases that come of Cold, as the Palsie, and Contraction of Sinews, it also killeth Worms, and comforts the Stomack, it Cureth the cold Drop sic, helpeth the Stone and Stinking-breath, and maketh one seem Young.

139. *To make Verjuice.*

Garther your Crabes as soon as the Kernels turn black, and lay them a while in a heap to sweat, then pick them from the stalks, blacks, and rottenness, then crush and beat them all to peices in a Tub, then make a bag of course Hair-cloth as big as your press, and fill it with the crushed Crabs, then put it into the Press and Press it as long as any moisture will drop out, having a clean Vessel underneath to receive the Liquor, then Tun it up in sweet Hogsheds, and to every Hoghead put half a dozen handfuls of Damask Rose Leaves, then bring it up, and spend it as you have occasion.

140. *To make dry Sugar Leach.*

Blanch your Almonds, and beat them with a little Rose-water and the white of one Egg, and then beat it with a good quantity of Sugar, and work it as you would work a piece of paste, then roul it, and print it, only be sure to strew Sugar in the print, for fear of cleaving to.

141. *To make fine Fumbals.*

Beat a pound of Sugar fine, then take the same quantity of fine Wheat Flower, and mix them together, then take two whites and one Yolk of an Egg, half a quarter of a pound of Blanched Almonds, then beat them very fine altogether, with half a pound of  
sweet

sweet Butter, and a spoonful of Rose-water, and so work it with a little Cream till it come to a stiff Paste, then roul them forth as you please; you may add a few fine dryed Anniseeds finely rubbd, and strewed into the paste, with Coriander-seeds.

*142. To make dry Vinegar.*

To make dry Vinegar, which you may carry in your pocket, you must take the blackes of green Corn, either Wheat or Rye, and beat it in a Morter with the strongest Vinegar you can get, till it come to Paste, then roul it into little Balls and dry it in the Sun till it be very hard, and when you have Occasion to use it, cut a little peice thereof, and dissolve it in wine, and it will make a strong Vinegar.

*143. To make Excellent date Leach.*

Take Dates, and take out the stones, and the white Rinde, and beat them with Sugar, Cinamon, and Ginger very finely, then work it as you would work a peice of Paste, and then print them as you please.

*144. To make white Jelly of Almonds.*

Take Rose-water, Gum dragant, or Isinglass dissolved, and some Cinamon grossly beaten, boyl them all together, then take a pound of Almonds, blanch them, and beat them fine with a little fair water, dry them in a fine Cloath, and put your Rose-water and the rest into the Almonds, boyl them together and stir them continually, then take them from the fire, and when it is boyled enough take it off.

145. *To Candy Orange-Peels.*

Take your Orange-Peels after they are Preserved, then take fine Sugar, and Rose-water, and boyl it to the height of *Manus Christi*, that is, till it is Sugar again, then draw through your Sugar; lay them on the bottom of a Sieve, and dry them in an Oven after you have drawn Bread, and they will be Candied.

146. *To make Paste of Violets.*

You must take Violets ready pickt, and bruise them in a Marble Morter, and wring the Juice from them into a Porringer, and put as much hard-Sugar in fine Powder, as the Juice will cover, dry it, and then powder it again, then take as much Gum-dragant steeped in Rose-water as will bring this Sugar into a perfect paste, then take it up and print it with your Moulds, and so dry it in your Stove.

147. *To Preserve Pippins Red.*

Take your best coloured Pippins and pare them, then take a piercer and bore a hole through them, then make Syrup of them as much as will cover them, and so let them boyl in a broad Preserving Pan, put to them a piece of Cinamon, and let them boyl leasurely close covered, turning them very often, or else they will spot, and one side will not be like the other, and let them boyl till they begin to Jelly, then take them up, and you may keep them all the year.

148. *To make Spirit of Roses.*

Bruise the Rose in his own juyce, adding thereto, being temperately warm, a convenient proportion either of Yeast, or Ferment, leave them a few days  
C to

to ferment, till they get a strong and heady smell, near like to Vinegar, then Distill them, and draw so long as you can find any scent of the Rose to come, then Distill again so often till you have purchased a perfect Spirit of the Rose. You may also Ferment the juyce of Roses only, and after Distill the same.

#### 149. *To make Syrup of Elder.*

Take Elder Berries when they are red, bruise them in a Stone Mortar, strain the Juice, and boyl it away to almost half, scum it very clean, take it off the Fire whilst it is hot, put in Sugar to the thickness of a Syrup, put it no more on the fire, when it is cold, put it into Glasses, not filling them to the top, for it will work like Beer.

#### 150. *To make Orange-Water.*

Take two quarts of the best Malaga-Sack, and put in as many of the Peels of Oranges as will go in, cut the white clean off, steep them twenty four hours, then Still them in a Glass-Still, and let the water run into the Receiver upon fine Sugar-Candy; you may Still it in an Ordinary Still.

#### 151. *To make a Candle of great Vertue.*

Take a Pint and a half of the strongest Ale may be gotten, twenty Jordan Almonds clean wiped, but neither wash'd nor blanched, with two Dares minced very small and stamped; then take the pith of young Beef, the length of twelve Inches, lay it in water till the blood be out of it, then strip the skin off it, and stamp it with the Almonds and Dates, then strain them a'together into the Ale, boyl it till

it be a little thick, give the party in the Morning six spoonfuls, and as much when he goeth to Bed.

152. *An Excellent Surfeit-water.*

Take Callendine, Rosemary, Rue, Pellitory of Spain, Scabious, Angellica, Pimpernel, Wormwood, Mugwort, Betony, Agrimony, Balm, Dragon, and Tormentile, of each half a pound, shred them somewhat small, and put them into a narrow mouthed Pot, and put to them five quarts of White-wine, stop it close, and let it stand three Days and Nights, stirring it Morning and Evening, then take the Herbs from the Wine, and distil them in an ordinary Still, and when you have distilled the Herbs, distil the Wine also, wherein is Virtue for a weak Stomach. Take three or four Spoonfuls at any time.

153. *To make a Syrup for one short-winded.*

Take a good handful of Hyssop, and a handful of Horehound, and boyl them in a quart of Spring-water to a pint, then strain it through a clean-Cloth, and put in Sugar to make it pleasant. Stir it Morning and Evening with a Licorise-stick, and take about three Spoonfuls at a time.

154. *To make syrup of Sugar-Candied.*

Take Sugar-Candied, and put it into a clear bladder and tye it, but so that it may have some vent, then put it into a bason of water, so that the water come not over the top of the bladder, and cover it with a Pewter-Dish, and let it stand all Night, and in the Morning take of it with a Licorise-stick.

*155. To make an Excellent Syrup againſt the Scurvy.*

Take of the juyce of Garden-Scurvy-graſs, Brook-lime and Water-cresses, of each six ounces, and after it hath stood till it is clear, take sixteen ounces of the clearest, and put to it four ounces of the juyce of Oranges and Lemmons, make it a clear Syrup with so much fine Sugar as will serve the turn.

*156. To make Syrup of Roses.*

When your Liquor is ready to boyl, put as many Roses as will be well steep into it, cover it close, and when the Roses are thoroughly white, then strain it, and set it on the Fire again, and so use it thirteen times, and to every pint of your water or Liquor, you must put a pound of Sugar, and let it stand together sleeping for the space of one Night, then scum it clean and seeth it over a quick Fire a quarter of an hour, then take some whites of Eggs and beat them well together, take off your Pot, and put in the whites, and then set it on the Fire again, and let it boyl a good, then let it run through a Jelly-bag, till it will stand still upon your Nail.

*157. To make a Comfortable Syrup.*

Take a handful of Agrimony, and boyl it in a pint of water till half be consumed, then take out the Agrimony, and put in a good handful of Currans, and boyl them till they are ready to break, then strain them, and make a Syrup of them, then set it on a Chafing-dish of Coals, and thereto a little white Saunders, and drink it either hot or cold.

*158. To*



*158. To make an Almond-Caudle.*

Take three pints of Ale, boyl it with Cloves and Mace, and slice bread in it, then have ready beaten a pound of Almonds blanch'd, and strain them out with a pint of White-wine, and thicken the Ale with it, sweeten it if you please, but be sure scum the Ale when it boyls.

*159. To Candy-Cherries.*

Take your Cherries before they be full Ripe, take out the Stones, put Clarified Sugar boyled to a height, and then pour it on them.

*160. To make Syrup of Saffron.*

Take a Pint of Endive-water, two ounces of Saffron finely beaten, then steep it therein all Night, the next day boyl it and strain out the Saffron, then with Sugar boyl it up to a Syrup.

*161. To make Rose-water.*

Stamp the Leaves, and first distil the juyce being squeezed out, and after distil the leaves, and so you may dispatch more with one Still, than others will do with three or four; and this water is every way as Medicinable as the other, serving very well in decoctions and Syrups, &c. Though it be not altogether so pleasing to the smell.

*162. To make Suckets of Green-walnuts.*

Take Walnuts when they are no bigger then the largest Hasel Nut, pare away the uppermost greens, but not too deep, then boyl them in a pottle of water, till the water be boyled away, then take so much



more fresh water, and when it is boyled to the half, put thereto a quart of Vinegar, and a pottle of Clarified Honey.

*163. To make white Leach of Cream.*

Take a pint of sweet Cream, and six Spoonfuls of Rose-water, two grains of Musk, two drops of Oyl of Mace, and so let it boyl with four ounces of Ising-Glass, then let it run through a Jelly-bag, when it is cold slice it like brawn, and so serve it out. This is the best way to make Leach.

*164. To Preserve Pome-Citrons.*

You must take a pound and a half of Pome-Citrons, and cut them in halves and quarters, take the Meat out of them, and boyl them tender in fair water, then take two pound of Sugar Clarified, and make Syrup for them, and let them boyl therein a quarter of an hour very gently, then take them up, and let your Syrup boyl till it be thick, then put in your Pome-Citrons, and you may keep them all the Year.

*165. To Pickle Clove-Gilly-Flowers  
for Sallets.*

Take the fairest Clove-Gilly-Flowers, clip off the whites from them, put them into a wide-mouth'd Glass, and strew a good deal of Sugar finely beaten among them, then put as much wine Vinegar to them as will thoroughly wet them, rye them up close and set them in the Sun, and in a little while they will be fit for use.

*166. To*

166. *To make Leach of Almonds.*

Take half a pound of sweet Almonds, and beat them in a Morter, then strain them with a Pint of sweet Milk from the Cow, then put to it one grain of Musk, two Spoonfuls of Rose-water, two ounces of fine Sugar, the weight of three Shillings in Ilinglass that is very white, boyl them together, and let it all run through a strainer, then still it out and serve it.

167. *To Candy Marigolds in wedges,  
the Spanish-Fashion.*

Take of the fairest Marigold Flowers, two ounces, and shred them small, and dry them before the Fire, then take four ounces of Sugar, and boyl it to a height, then pour it upon a wet Pye-plate, and between hot and cold cut it into wedges, and lay them on a sheet of white Paper, and put them in a Stove.

168. *To Candy Eringo Roots.*

Take your Eringos ready to be preserved, and weigh them, and to every pound of your Roots take of the purest Sugar you can get two pound, and Clarifie it with the whites of Eggs exceeding well, that it may be as clear as Chrystal, for that will be best; it being Clarified, boyl it to the height of *Manus Christi*, then dip in your Roots two or three at once, till all be Candyed, and put them in a Stove, and so keep them all the Year.

169. *To Candy Elecampane-Roots.*

Take of your fairest Elecampane-Roots, and take them clean from the Syrup, and wash the Sugar off them,

them, and dry them again with a Linnen Cloth; then weigh them, and to every pound of Roots take a pound and three quarters of Sugar, Clarifie it well, and boyl it to a height, and when it is boyled dip in your Roots, three or four at once, and they will Candy very well, and so stowe them, and keep them all the Year.

170. *To make Cinamon-Sugar.*

Lay pieces of Sugar in close Boxes among sticks of Cinamon, or Cloves, and in a short time it will have the tast and scent of the Spice.

171. *To make a Trifle.*

Take Cream and boyl it with a cut Nutmeg, add Lemon peel a little, then take it off, cool it a little, and season it with Rose-water and Sugar to your tast, let this be put in the thing you serve it in, then put it in a little Rundlet to make it come, and when it is fit to Eat.

172. *To make Quiddany of Plums.*

Take one quart of the Liquor which you preserved your Plums in, and boyl six fair Pippins in it, pared and cut in small peices, then strain the thin from it, and put to every Pint of Liquor half a pound of Sugar, and so boyl it till it will stand on the back of a Spoon like a Jelly, then wet your Moulds, and pour it thereinto, and when it is almost cold, turn it off upon a wet Trencher, and so slip it into wet Boxes,

*173. To Candy Barberries.*

First preserve them, then dip them quickly into warm water to wash off the Ropy Syrup, then strew them over with searced Sugar, and set them into an Oven or Stove three or four hours, always turning them, and casting more fine Sugar upon them, and never suffer them to be cold till they be dryed, and begin to look like Diamonds.

*174. To make Cream of Apricocks.*

First boyl your Apricocks with water and Sugar till they be somewhat tender, and afterwards boyl them in Cream, then strain them and season it with Sugar.

*175. To make Quince-Cream.*

Take a Roasted Quince, pare it and cut it into thin slices to the Core, boyl it in a pint of Cream, with a little whole Ginger, till it tast of the Quinces to your liking, then put in a little Sugar, and strain it, and always serve it cold to the Table.

*176. To Preserve Barberries.*

Take one pound of Barberries pickt from the stalks, put them in a Pottle-pot, and set it in a bras pot full of hot water, and when they be stewed strain them, and put to them a pound and a half of Sugar, and a pint of red Rose-water, and boyl them a little; then take half a pound of the fairest Clusters of Barberries you can get, and dip them in the Syrup while it boyleth, then take the Barberries out again, and boyl the Syrup while it is thick, and when it is cold, put them in the Glasses with the Syrup.

177. *To make a Cullice.*

Take a Cock and dress him, and boyl him in White wine, scum it clean, and Clarifie the Broth (being first strained) then take a pint of sweet Cream, and strain it, and so mix them together, then take beaten Ginger, fine Sugar, and Rose water, and put them altogether, and boyl it a little more.

178. *To make a Cordial strengthening Broth.*

Take a Red Cock, Strip off the Feathers from the skin, then break his Bones to shivers with a Rolling-pin; set it over the Fire, and just cover it with water, put in some Salt, watch the scuming and boiling of it, put in a handful of Harts-horn, a quarter of a pound of blew Currans, and as many Raisins of the Sun stoned, and as many Pruans, four blades of large Mace, a bottom Crust of a white Loaf, half an ounce of China-Root sliced, being steeped three hours before in warm water, boyl three or four pieces of Gold, strain it, and put in a little fine Sugar and juyce of Orange, and so use it.

179. *To Candy Grapes.*

After they are Preserved, then dip them into warm water to cleanse them from the Syrup, then strew them over with searced Sugar, and set them into an Oven or Stove three or four hours, always turning them, and casting more fine Sugar upon them, and never suffer them to be cold till they be dry'd and begin to sparkle.

180. *To make Sugar-Cakes.*

Take one pound of fine Flower, one pound of Sugar finely beaten, and mingle them well together, then take seven or eight Yolks of Eggs, then take two Cloves, and a pretty piece of Cinamon, and lay it in a spoonful of Rose-water all Night, and heat it almost Blood warm, temper it with the rest of the stuff; when the Paste is made, make it up as fast as you can, and bake them in a soft Oven.

181. *To take spots and stains out of Cleaths.*

Take four Ounces of white hard Soap, beat it in a Morter with a Lemon sliced, and as much Roch-Alom as an Hasel-Nut, roul it up in a Ball, rub the stain therewith and after fetch it out with warm water, if need be.

182. *To keep Chestnuts all the Year.*

After the Bread is drawn, disperse your Nuts thinly over the bottom of the Oven, and by this means the moisture being dryed up, the Nuts will last all the Year; but if you perceive them to mould, put them into an Oven again.

183. *To make Cucumbers Green.*

You must take two quarts of Verjuice, or Vinegar, and a Gallon of fair water, a pint of Bay-salt, and a handful of green Fennel or Dill, boyl it a little, and when it is cold put it into a Barrell, then put your Cucumbers into that Pickle, and you may keep them all the year.



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### 184. *To Preserve white Damsons Green.*

Scald white Damsons in water, till they be hard, then take them off, and pick as many as you please, take as much Sugar as they weigh, put two or three spoonfuls of water, then put in the Damsons and the Sugar, and boyl them, take them off, then let them stand a day or two, then boyl them again, take them off, and let them stand till they be cold.

### 185. *To make Cakes of Lemons.*

Take of the finest double refined Sugar, beaten very fine, and searced through fine Tiffany, and to half a Porringer of Sugar put two spoonfuls of water, and boyl it till it be almost Sugar again, then grate of the hardest Rinded Lemon, and stir it into your Sugar, put it into your Coffins, and a paper, and when they be cold, take them off.

### 186. *To make Artificial Walnuts.*

Take some Sugar-plat, and print it in a mould made for a Walnut-kernel, and then yellow it all over with a little saffron-water with a Feather, then take Cinamon searced, and Sugar a like quantity, working it in a Patte with Gum dragon steeped in Rose-water, and print it in a mould made like a Walnut-shell, and when the kernel and shell be dry, close them together with Gum-dragon.

### 187. *To make Black-Cherry-Wine.*

Take a Gallon of the juice of Black-Cherries, keep it in a Vessel close stopped, till it begin to work, then filter it, and an ounce of Sugar being added to every



every pint, and a Gallon of White-wine, and keep it close stopp'd for Use.

188. *To make Rose Vinegar.*

Take of Red-Rose buds (gathered in a dry time, the whites cut off, then dry them in the shadow three or four days) one pound, of Vinegar eight sextaries, set them in the Sun forty days, then strain out the Roses and put in fresh, and so repeat it three or four times.

189. *To make Syrup of Vinegar.*

Take of the Roots of Smalledg, Fennel, Endive, of each three ounces, Anniseeds, Smalledg, Fennel, of each one ounce, Endive half an ounce, clear water three quarts, boyl it gently in an Earthen Vessel, till half the water be consumed, then strain and clarify it, and with three pound of Sugar and a pint and a half of White-wine Vinegar, boyl it into a Syrup.

This is a gallant Syrup for such whose Bodies are stuff'd, either with phlegm, or tough Humours, for it opens obstructions or stoping, both of the stomach, Liver, Spleen and Reins, it cuts and brings away tough Flegm and Choler.

190. *To make Syrup of Apples.*

Take two quarts of the juice of sweet-scented Apples, and the juice of Bugloss, Garden, and Wild, of Violet leaves, and Rose-water, of each a pound, boyl them together, Clarify them, and with six pound of very fine Sugar, boyl them into a Syrup, according to Art.

191. *To make the Capon water against a Consumption.*

Take a Capon the Guts being pul'd out, cut it in pieces, and take away the Fat, boyl it in a close Vessel in a sufficient quantity of Spring water. Take of this Broath three pints, of Burrage and Violet-water a pint and a half, White wine one pint, Red-Rose leaves two drams and a half, Burrage Flowers, Violets, and Buglos of each one dram, pieces of bread out of the Oven half a pound, Cinamon bruised half an Ounce, Still it in a Glass Still according to Art.

This is a Sovereign Remedy against Hestick-Fevers and Consumptions, let such as are subject to those Diseases, hold it as a Jewel.

192. *To make Elder Vinegar.*

Gather the Flowers of Elder, pick them very clean, dry them in the Sun, on a gentle heat, and to every quart of Vinegar, take a good handful of Flowers, and let it stand in the Sun a fortnight, then strain the Vinegar from the Flowers, and put it into the Barrel again, and when you draw a quart of Vinegar, draw a quart of Water, and put it into the Barrel luke-warm.

193. *To make China Broath.*

Take an ounce of China Root clipped thin, and steep it in three pints of Water all night on Embers covered, the next day take a Cock-Chicken clean pickt, and the Guts taken out, put in its belly Agri-mony and Maiden-hair, of each half a handful, Raisins of the Sun stoned, one good handful, and as much

\* much *French* Barley; boyl all these in a Pipkin close covered on a Gentle Fire, for six or seven hours, let it stand till it be cold, strain it, and keep it for your Use: Take a good Draught in the Morning and at four in the Afternoon.

194. *To make Paste of tender Plumbs.*

Put your Plumbs into an Earthen Pot, and set it into a Pot of boyling water, and when the Plumbs are dissolved, then strain the thin Liquor from them through a Cloath, and reserve that Liquor to make Quiddany, then strain the pulp through a piece of Canvas, and take as much Sugar as the pulp in weight, and as much water as will wet the same, and so boyl it to a Candy height, then dry the pulp upon a Chaffing-dish of Coals, then put your Syrup and the pulp so hot together, and boyl it, always stirring it till it will lye upon a Pye-plate, as you lay it, and that it run not abroad, and when it is somewhat dry, then use it, but put to it the pulp of Apples.

195. *To make Cream of Codlings.*

First scald your Codlings, and so peel off the skins, then scrape the pulp from the Cores, and strain them with a little Sugar and Rose-water, then lay your pulp of Codlings in the middle of the Dish, and so much raw Cream round it as you please, and so serve it.

196. *To make Sugar of Roses.*

Take of Red-Rose-leaves, the whites being cut off, an Ounce, dry them in the Sun speedily, put to it a pound of white Sugar, melt the Sugar in Rose-water, and Juice of Roses, of each two Ounces

Ounces, which being consumed by degrees, put in the Rose-Leaves in powder, mix them, put it upon a Marble, and make it into Lozenges according to Art.

*197. To make a Cream Tart.*

Cut the crust of a Manchet, and grate it small, and mix it with thick Cream, and some sweet Butter, then take twenty four Yolks of Eggs, and strain them with a little Cream, putting thereto a good quantity of Sugar, mix these very well, and set it upon a small fire, and so let it boyl till it be thick, then make two sheets of paste as thin as you can, and raise the sides of one of them the height of one of your fingers in breadth, and then fill it, and cover it with the other sheet, then bake it half a quarter of an hour, then put Sugar on it, and so serve it.

*198. To make Artificial Oranges.*

Take Alabaſter Moulds made in three pieces, bind two of the pieces together, and water them an hour or two, then take as much Sugar as you think will fill your Moulds, and so boyl it to a height, then pour it into your Moulds one by one very quick: Then put on the Lid of the Mould, and so turn it round with your hand as quick as you can, and when it is cold, take it out of the Mould, and they will be both whole, and hollow within, and so it will appear, and resemble the Mould wherein it is put, whether Oranges, Lemons, Cucumbers, or the like.

*199. To make Poppy-Water.*

Take of Red Poppies four pound, put to them a quart of White-wine, then Distill them in a common

mon Still, then let the distilled water be poured upon fresh Flowers, and repeated three times, to which add two Nutmegs sliced, Red Poppy Flowers a pugil, white Sugar two Ounces, set it to the Fire, to give it a pleasing sharpness, and Order it according to your Taste.

200. *To make Mathiolus Bezoar's Water.*

Take of Syrup of Citron-peels a quart, and as much of Dr. Mathiolus great Antidote, with five pints of the Spirit of Wine five times distill'd over, put all these in a Glass that is much too big to hold them, stop it close that the Spirit fly not out, then shake it together, that the Electuary may be well mingled with the Spirit, so let it stand a Moneth, shaking it together twice a week (for the Electuary will settle at the bottom) after a Moneth pour off the clear water into another Glass, to be kept for your use, stoping it very close with Wax and Parchment, else the strength will easily fly away in Vapours.

201. *To make Marmalade of Red Currans.*

Take the juice of Red Currans, and put it into a pretty quantity of White Currans, clean pickt from the stalks, and burtons at the other end; let these boyl a little together, have also ready some fine Sugar boyl'd to a Candy height, put off this to the Currans, according to your discretion, and boyl them together till they be enough, and bruise them with the back of your spoon, that they may be thick as Marmalade, and when it is cool put it into Pots. You need not stoge the whole Currans unless you please.

202. *To make a Syllabub.*

Take a pint of Verjuice in a bowl, Milk the Cow to the Verjuice, then take off the Curd, and take sweet Cream, and beat them together with a little Sack and Sugar, put it into your Syllabub pot, strew Sugar on it, and serve it.

203. *To make pleasant Mead.*

Put a quart of Honey to a gallon of Water, with about ten sprigs of sweet Marjoram, and half so many tops of Bays, boyl all these well together, and when it is cold, Bottle it up, and in ten days it will be ready to drink.

204. *To make Streppony.*

Take a Gallon of Conduit-water, a pound of blew Raisins of the Sun stoned, and half a pound of Sugar, squeeze the juice of two Lemons upon the Raisins and Sugar, and slice the Rinds upon them; boyl the water, and pour it boyling hot upon the Ingredients of an Earthen Pot, and stir them well together, so let it stand Twenty-four hours; then put it into Bottles, having first let it run through a strainer, and set them in a Cellar, or other cool place.

205. *To make Syder.*

Take a peck of Apples and slice them, and boyl them in a Barrel of Water till the third part be wasted; then cool your water as you do Wort, and when it is cold, you must pour the water upon three measures of grown Apples. Then draw forth the Water at a Tap three or four times a day for three days together, then press out the Liquor and Tun  
it



it up, when it hath done working, stop it up close.

*206. To make Cock-Ale.*

Take Eight Gallons of Ale, then take a Cock and boyl him well with four pound of Raisins of the Sun well stoned, two or three Nutmegs, three or four flakes of Mace, half a pound of Dates, beat all these in a Mortar, and put to them two quarts of the best Sack, and when the Ale hath done working, put these in and stop it close six or seven days, and then Bottle it, and a Moneth after you may drink it.

*207. To make a Carraway-Cake.*

Take three pound and a half of the finest Flower and dry it in an Oven, one pound and a half of Sweet-butter, and mix it with the Flower very small, that none of it be seen, then take three quarters of a pint of new Ale-Yeast, and half a pint of Sack, and half a pint of New-Milk, with six spoonfuls of Rose-water, and four Yolks, and two whites of Eggs, then let it lye before the Fire half an hour or more, and when you go to make it up, put in three quarters, of Carraway-Cumfrits, and a pound and half of biskets. Put it into the Oven, and let it stand an hour and a half.

*208. To make Strawberry-Wine.*

Bruise the Strawberries, and put them into a Linnen bag which hath been a little used, that so the Liquor may run through more easily, then hang in the bag at the bung into the Vessel. Before you put in your Strawberries, put in what quantity of Fruit you think good to make the Wine of a high Colour during

during the working, leave the bung open, and when it hath worked enough, stop your Vessel. Cherry-wine is made after the same Fashion, but then you must break the Stones.

209. *To make a Cordial Water of  
Clove-gilly-flowers.*

Put Spirit of Wine or Sack upon Clove-gilly-flowers, digest it two or three days, put all in a Glass-body, laying other Clove-gilly-flowers at the mouth of it upon a Cambrick or Boulter-cloth, (that the Spirit rising, and passing through the Flowers, may ting it self of a beautiful Colour) add a Head with a Limbeck and Receiver: Then Distil the Spirit as strong as you like it, which sweeten with Syrup of Gilly-flowers, or fine Sugar.

210. *To make an Excellent Surfeit-  
Water.*

Take Mint and Carduus four parts, Angelica one part, Wormwood two parts; chop and bruise them a little, put a sufficient quantity of them into an ordinary Still, and put upon them enough new Milk to soak them, but not to have the Milk swim much over them. Distil this as you do Rose-water, stirring it sometime with a stick, to keep the Milk from growing to a Cake.

211. *To make Mint-water.*

Take two parts of Mint, and one part of Wormwood, and two parts of Carduus, put these into as much New-milk as will soak them: Let them infuse five or six hours, then Distil as you Distil Rose-water, but you must often take off the Head, and stir the

the Matter well with a stick; Drink of this Water a Wine-glass full at a time, sweetned with fine Sugar to your taste.

212. *To Pickle Artichoaks.*

Take your Artichoaks before they are overgrown, or too full of strings, and when they are pared round, that nothing is left but the bottom, boyl them till they be indifferent tender, but not full boyled, take them up, and let them be cold, then take good stale Beer, and White-wine, with a great quantity of whole Pepper, so put them up into a Barrel, with a small quantity of Salt, keep them close, and they will not be sour, it will serve for Baked-Meats., and Boyled-Meats all the Winter.

213. *To make Raspberry Cream.*

When you have boyled your Cream, rake two Ladlesfuls of it, being almost cold, bruise the Raspberries together, and season it with Sugar and Rose-water, and put it into your Cream, stirring it altogether, and so dish it up.

214. *To make Snow-Cream.*

Break the whites of six Eggs, put thereto a little Rose-water, beat them well together with a bunch of Feathers, till they come perfectly to resemble Snow; then lay on the said Snow in heaps upon other Cream that is cold, which is made fit for the Table: you may put under your Cream in the bottom of the Dish, part of a penny Loaf, and stick therein a branch of Rosemary or Bays, and fill your Tree with the said Snow to serve it up.

215. *To*

*215. To make Hidromel.*

Take eighteen quarts of Spring-water, and one quart of Honey; when the water is warm, put the Honey into it, when it boyls up scum it very well, even as long as any scum will rise; then put in one Race of Ginger, sliced in thin slices, four Cloves, and a little sprig of green Rosemary; boyl all together an hour, then set it to cool till it be blood-warm, and then put to it a spoonful of Ale-Yeast, when it is work'd up, put it into a Vessel of a fit size, and after two or three days Bottle it up; you may drink it in six weeks or two Months.

*216. To make a whipt Syllabub.*

Take the whites of two Eggs, and a pint of Cream, with six spoonfuls of Sack, and as much Sugar as will sweeten it, then take a Birchen-Rod and whip it, as it riseth in Froth scum it, and put it into the Syllabub-pot, so continue it with whipping and scuming, till your Syllabub-pot be full.

*217. To make Marmalade of Cherries.*

Take four pound of the best *Kemish* Cherries before they be stoned, to one pound of pure Loaf Sugar, which beat into small powder, stone the Cherries, and put them into a Preserving-pan over a gentle Fire, that they may not boyl, but dissolve much into Liquor. Take away with the spoon much of the thin Liquor, leaving the Cherries moist enough, but not swimming in clean Liquor; then put to them half your Sugar, and boyl it up quick, and scum away the Froth that riseth; when it is well incorporated and clear, throw in a little more of the Sugar,

Sugar, and continue so by little and little, till you have put in all your Sugar, which will make the Colour the fairer; when they are boyled enough, take them off, and bruise them with the back of a spoon, and when they are cold, put them up in Pots.

218. *To make a Flomery-Caudle.*

When Flomery is made, and cold, you may make a pleasant and wholesome Caudle of it, by taking some lumps and spoonfuls of it, and boyl it with Ale and White-wine, then sweeten it to your taste with Sugar. There will remain in the Caudle some lumps of the Congealed Flomery, which are not ingrateful.

219. *To Preserve Fruit all the Year.*

Put the Fruit into a fit case of Tin, and Soder it together, so that no Air can get in; then lay it at the bottom of a cold Well in Runing water.

220. *To make a most Rich Cordial.*

Take Conserve of Red-Roses, Conserve of Orange Flowers, of each one Ounce; *Confect. Hyacinthi*, Bezoardick, Theriacal Powder, of each two Drams, Confection of A'kermes one Dram, of powder of Gold one Scruple; mix all these well together in the form of an Opiate, and if the Composition be too dry, add to it some Syrup of Red Currans, as much as is needful; take of this Composition every Morning the quantiry of a Nut.

*221. To Pickle Red and White Currans.*

Take Vinegar and White wine, with so much Sugar as will make it pretty sweet, then take your Red and White Currans being not fully Ripe, and give them one walm, so cover them over with the said Pickle, keeping them always under Liquor.

*222. To make Red Currans-Cream.*

Bruise your Currans with some boyled Cream, then strain them through your strainer, or Sieve, and put the liquid substance thereof to the said Cream, being almost cold, and it will be a pure Red; so serve it up.

*223. To Preserve Medlers.*

Take the weight of them in Sugar, adding to every pound thereof a pint and a half of fair water, let them be scalded therein, till their skin will come off, then take them out of the Water, and stone them at the Head, then add your Sugar to the Water and boyl them together, then strain it, and put your Medlers therein, and let them boyl a pace till it be thick, take them from the Fire, and keep them for Use.

*225. To make white Mead.*

Take six Gallons of water, and put in six quarts of Honey, stirring it till the Honey be thoroughly melted, then set it over the Fire, and when it is ready to boyl, scum it very clean, then put in a quarter of an ounce of Mace, and as much Ginger, half an ounce of Nutmegs, sweet Marjoram, broad Thyme,  
and



and sweet-Bryar, of all together a handful, and boyl them therein, then set it by till it be thoroughly cold, and then Barrell it up, and keep it till it be Ripe.

226. *To make Naples-Bisket.*

Take of the same stuff the Mackroons are made of, and put to it an Ounce of Pine-Apple-seeds, in a quarter of a pound of stuff, for that is all the difference between the Mackroons and the Naples-Bisket.

227. *To make Chips of Quinces.*

Scald them very well, and then slice them into a Dish, and pour a Candy Syrup to them scalding hot, and let them stand all Night, then lay them on Plates, and searce Sugar on them, and turn them every day, and scrape more Sugar on them till they be dry. If you would have them look clear, heat them in Syrup, but not to boyl.

228. *To make Lozenges of Roses.*

Boyl Sugar to a height, till it is Sugar again, then beat your Rose fine, and moisten them with the juyce of Lemons and put them into it, let it not boyl after the Roses are in, but pour it upon a Pye-plate, and cut it into what form you please.

229. *To make Conserve of Bugloss-Flowers.*

Pick them as you do Burrage-Flowers, weigh them, and to every ounce add two ounces of Loaf Sugar, and one of Sugar-Candy, beat them together, till they become very fine, then set it on the Fire to dissolve the Sugar, and when it is so done, and the con-

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serve

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serve hot, put it into your Glasses, or Gally-pots, for your use all the Year.

### 230. *To Pickle Lemon and Orange-peel.*

Boyl them with Vinegar and Sugar, and put them up into the same Pickle, you must observe to cut them into small thongs, the length of half the Peel of your Lemon, being pared, it is a handsome Savoury Winter Sallet; boyl them first in Water, before you boyl them in Sugar.

### 231. *To make Gooseberry-Past.*

Take Gooseberries, and cut them one by one, and wring away the juyce, till you have got enough for your turn, boyl your juyce alone, to make it somewhat thicker, then take as much Fine Sugar as your juyce will sharpen, dry it, and then beat it again, then take as much Gum-dragon steeped in Rose water as will serve, then beat it into a Paste in a Marble-Mortar, then take it up, and print it in your Moulds and dry it in your Stove, when it is dry Box it up for your Use all the Year.

### 232. *To make Suckets of Lettuce-stalks.*

Take Lettuce stalks and peel away the outside, then parboyl them in fair water, and let them stand all Night dry, then take half a pint of the same Liquor, and a quart of Rose water, and so boyl it to a Syrup, and when your Syrup is almost cold put in your Roots, and let them stand all Night to take Sugar, then boyl your Syrup again, because it will be weak, and then take out your Roots.

233. *To*

*233. To make Musk-Sugar.*

Bruise four or five Grains of Musk, put it in a piece of Cambrick or Lawn, lay it at the bottom of a Gally-pot, and strew Sugar thereon, stop your pot close, and all your Sugar in a few days will both Smell and Taste of Musk, and when you have spent that Sugar, lay more Sugar thereon, which will also have the same scent.

*234. To make Prince-Bisket.*

Take one pound of very fine Flower, and one pound of fine Sugar, and eight Eggs, and two Spoonfuls of Rose-water, and one ounce of Carraway-seeds, and beat it all to Batter all one hour, for if more you beat it, the better your bread is, th bake it in Coffins of white Plate, being Basted w a little Butter, before you put in your Batter, a so keep it.

*235. To Candy Rose-Leaves.*

Boyl Sugar and Rose-water a little upon a Chafing-dish of Coals, then put the Leaves (being througly dried, either by the Sun or by the fire) into the Sugar and boyl them a little, then strew the Powder of double refined Sugar upon them, and turn them, and boyl them a little longer, taking the dish from the Fire, then strew more Powdered Sugar on the contrary side of the Flowers.

*246. To Preserve Roses or Gilly-Flowers whole.*

Dip a Rose that is neither in the bud nor over-blown, in a Syrup consisting of Sugar double refined,  
D 2 and

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serve hot, put it into your Glasses, or Gally-pots, for your use all the Year.

### 230. *To Pickle Lemon and Orange-peel.*

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Take Goosberries, and cut them one by one, and wring away the juyce, till you have got enough for your turn, boyl your juyce alone, to make it somewhat thicker, then take as much Fine Sugar as your juyce will sharpen, dry it, and then beat it again, then take as much Gum-dragon steeped in Rose water as will serve, then beat it into a Paste in a Marble-Mortar, then take it up, and print it in your Moulds and dry it in your Stove, when it is dry Box it up for your Use all the Year.

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*235. To Candy Rose-Leaves.*

Boyl Sugar and Rose-water a little upon a Chafing-dish of Coals, then put the Leaves (being throughly dried, either by the Sun or by the fire) into the Sugar and boyl them a little, then strew the Powder of double refined Sugar upon them, and turn them, and boyl them a little longer, taking the dish from the Fire, then strew more Powdered Sugar on the contrary side of the Flowers.

*246. To Preserve Roses or Gilly-Flowers whole.*

Dip a Rose that is neither in the bud nor over-blown, in a Syrup consisting of Sugar double refined,  
D 2 and

and Rose-water boyled to its full height, then open the Leaves one by one with a fine smooth Bodkin, either of Bone or Wood, then lay them on Papers in the heat, or else dry with a gentle heat in a close Room, heating the Room before you set them in, or in an Oven, then put them up in Glasses, and keep them in dry Cup-boards near the Fire.

237. *To make Jelly of Quinces.*

Take of the juyce of Quinces Clarified six quarts, boyl it half away, and add to the remainder five pints of old White-wine, consume the third part over a gentle Fire, taking away the scum as you ought, let the rest settle and strain it, and with three pound of Sugar boyl it according to Art.

238. *To make Jelly of Currans.*

Take two pound of good Sugar, and Clarifie it with whites of Eggs, then boyl it to a Candy height, that is, till it go into Flashes, then put to it five pints, (or as much as you please) of the pure juyce of Red-Currans, first boyled to Clarifie it, by scumming it, boyl them together a while, till they be scum'd well, and enough to become a Jelly, then put a good handful or two of the Berries of Currans whole, and cleansed from the stalks and black End, and boyl them till they are enough. You need not boyl the juyce before you put to the Sugar, neither scum it before the Sugar and it boyl together, but then scum it clean, and take care the juyce be very clear, and well strained.



*239. To make Syrup of Mint.*

Take the iuyce of sweet Quince, and between sweet and sour, the iuyce of Pomegranats, sweet, and between sweet and sour, of each a pint and half, dried Mint half a pound, Red-Roses two Ounces, let them lye in steep one day, then boyl it half away, and with four pound of Sugar boyl it into Syrup according to Art.

*240. To make Honey of Mulberries.*

Take the iuyce of Mulberries and Black-berries before they be Ripe, gathered before the Sun be up, of each a pound and half, Honey two pound, boyl them to their due thickness.

*241. To make Syrup of Purslain.*

Take of the Seed of Purslain grossly bruised half a pound, of the iuyce of Endive boyled and Clarified two pints, Sugar two pound, Vinegar nine Ounces, infuse the seeds in the iuyce of Endive twenty four hours, afterwards boyl it half away with a gentle Fire, then strain it and boyl it with the Sugar, to the consistence of a Syrup, adding the Vinegar toward the latter end of the Decoction.

*242. To make Honey of Raisins.*

Take of Raisins of the Sun cleansed from the stones two pound, steep them in six pints of warm water, the next day boyl it half away, and press it strongly, then put two pints of Honey to the Liquor that is pressed out, and boyl it to a thickness: It is good for a Consumption, and to Loosen the Body.

*243. To make Syrup of Comfrey.*

Take the Roots and Tops of Comfrey, the greater and the less, of each three handfuls, Red-Roses Bettony, Plantain, Burnet, Knot-grass, Scabious, Colts-foot, of each two handfuls, press the juice out of them, all being green and bruised, Boyl it, Scum it, and Strain it, add to its weight of Sugar, and make it into Syrup according to Arr.

*244. To Pickle-Quinces.*

Boyl your Quinces whole in water till they be soft, but not too violently, for fear of breaking them, when they are soft take them out, and boyl some Quinces pared, quartered and cored, and the parings of the Quinces with them in the same Liquor to make it strong, and when they are boyled that the Liquor is of a sufficient strength, take out the quartered Quinces and parings, and put the Liquor into a Pot big enough to receive all the Quinces both whole and quartered, and put them into it when the Liquor is through cold, and keep them for Use close covered.

*245. To make Plague-water.*

Take a pound of Rue, of Rosemary, Sage, Sorrel, Celandine Mugwort, of the tops of red Brambles, Pimpernel, wild Dragons, Agrimony, Balm, Angelica of each a pound, put these Compounds in a Pot, fill it with White-wine above the Herbs, so let it stand four days, then Distil it for your Use in an Alembick.

246. *To make Quince-Cakes white.*

First Clarifie the Sugar with the white of an Egg, but put not so much water to it as you do for Marmalade, before you Clarifie it keep out almost a quarter of the Sugar, let your Quinces be scalded, and chop in small Peices, before you put it into the Syrup, then make it boyl as fast as you can, and when you have Scumed it, and think it to be half boyled, then jamire it, and let the other part of your Sugar be ready Candyed to a hard Candy; and so put them together, letting it boyl but a very little after the Candy is put to it, then put in a little Musk, and so lay it out before it be cold.

247. *To make Red Quince-Cakes.*

Bake them in an Oven with some of their own juyce, their own Cores being out and bruised and put to them, then weigh some of the Quince being cut into small pieces, taking their weight in Sugar, and with the Quince some pretty quantity of the juyce of Barberries being Baked or Stewed in a Pot, when you have taken the weight in Sugar, you must put the weighed Quince, and above three quarters of the Sugar together, and put to it some little quantity of water as you shall see cause, but make not the Syrup too thin, and when you have put all this together cover it, and set it to the Fire, keep it covered, and scum it as much as you can, when it is half boyled, then symer it, let the other part of the Sugar have no more water put to it, then wet the Sugar well, and so let it boyl to a very hard Candy, and when you think they be boyled enough, then lay them out before they be cold.

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### 248. *To make clear Cakes of Quinces.*

Prepare your Quinces and Barberries as before, and then take the clearest Syrup, and let it stand on the Coals two or three hours, then take the weight of it in Sugar, and put near half the Sugar to the juice, and so let them boyl a little on the fire, and then Candy the rest of the Sugar very hard, and so put them together, stirring it till it be almost cold, and so put it into Glasses.

### 249. *To make Jelly of Raspices.*

First strain your Raspices, and to every quart of juice add a pound and half of Sugar, pick out some of the fairest, and having strewed Sugar in the bottom of the skillet, lay them in one by one, then put the juyce upon them with some Sugar, reserving some to put in when they boyl, let them boyl a pace, and add Sugar continually till they are enough.

### 250. *To make all sorts of Comfits, and to cover Seeds, or Fruits with Sugar.*

You must provide a bason very deep, either of Brass or Tin, with two Ears of Iron to hang with a Rope over an Earthen-Pan with hot Coals, then provide a broad Pan for Ashes, and put hot Coals upon them, and another clean Bason to melt your Sugar in, or a skillet, as also a Ladle of Brass to run the Sugar upon the seeds, together with a slice of Brass, to scrape away the sugar from the bason that hangs if there be occasion, then take some of the

the best and fairest sugar you can get, and beat it into Powder, cleanse your seeds well, and dry them in the hanging bason, put a quarter of a pound of seeds, whether Anniseed, or Coriander-seeds, to every two pound of Sugar, and that will make them big enough, but if you would have them bigger, add the more sugar, which you must melt thus; put three pound of sugar into your bason, adding to it one pint of clean Running-water, stir it well with a brazen slice, till it be well moistened, then set it over a clear fire and melt it well, and let it boyl mildly till it Ropes from the Ladle, then keep it upon hot embers but let it not boyl, and so let it run upon the seeds from the Ladle: If you would have them done quickly, let your water be boyling hot, and putting a Fire under the bason, cast on your sugar boyling hot, put but as much water to the sugar as will dissolve the same, neither boyl your sugar too long, which will make it black, stir your seeds in the bason as fast as you can as you cast on the sugar, at the first put in but half a spoonful of the sugar, moving the bason very fast, rubbing the seeds very well with your hand, which will make them take Sugar the better, and let them be very well dried between every Coar, repeat this rubbing and drying of them between every coat, which will make them the sooner, for this way in every three hours you may make three pound of Comfits: A quarter of a pound of Coriander seeds, and three pound of Sugar will make very large Comfits, keep your Sugar always in good temper, that it run not into lumps. When your Comfits are made, lay them to dry on Papers, either before the Fire, or in the hot Sun or in an Oven: which will make them very white.

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### 251. *To Candy Nutmegs or Ginger.*

Take a pound of fine Sugar, and six or seven Spoonfuls of Rose water, Gum-Arabick the weight of six pence, but let it be clear, boyl all these together till they Rope, put it then out into an Earthen Dish, put to it your Nutmegs or Ginger, then cover it close, and lute it with clay that no Air enter in, keep it in a warm place about twenty days, and they will Candy into a hard Rocky-Candy, then break your Pot and take them out: in the same manner you may Candy Oranges and Lemons.

### 252. *To make Currans-Wine.*

Pick a pound of the best Currans, and put them in a deep straight mouth'd earthen Pot, and pour upon them about three quarts of hot Water, having first dissolved therein three spoonfuls of the purest and newest Ale-yeast, stop it very close, till it begins to work, then give it vent as is necessary, and keep it warm for about three days it will work and ferment, taste it after two days to see if it be grown to your liking, then let it run through a strainer, to leave behind all the Currans and the Yeast, and so Bottle it up; it will be very quick and pleasant, and is admirable good to cool the Liver, and cleanse the blood, it will be ready to Drink in five or six days after it is bottled, and you may drink it safely.

### 253. *To make a Sweet-Meat of Apples.*

Make your Jelly with slices of *John Apples*, but first fill your Glasses with slices cut round ways, and pour in the Jelly to fill up the vtcinities, let the Jelly be



be boyled to a good stiffness, and when it is ready to take from the Fire, put in some juice of Lemon and Oranges, if you like it, but let them not boyl, but let it stand upon the fire a while upon a pretty good heat, that the juices may incorporate well, a little Amber-grease added doth very well.

254. *To make Conserve of Sage.*

Take about a pound of Flowers of Sage fresh blown, and beat them in a Mortar, afterward put them in a Glass and stop them close, and then set them by a warm Fire, or in the Sun, and be sure to stir them once a day at the least, and it will keep good a twelve-month at the least.

255. *To make Paste of Cherries.*

Boyl some fair Cherries in water till they come to pap, and then strain them through a sieve, then boyl some good Pippins un o pap, also put a quarter of a pound of the Apple-pap to a pound of the pap of Cherries, and mingle them together, then dry it, and so make it up into past.

256. *To make Marmalade of Oranges.*

After you have pared your Oranges very thin, let them be boyled in three or four waters, even till they grow very tender, then take a quarter of a hundred of good *Kentish* Pippins, divide them, and take out the cores, boyl them very well to pap or more, but let them not loose their colour, then pass your Apples through a Strainer, and put a pound of Sugar to every pint of juice, then boyl it till it will Candy, then take out the pulp of the Orange, and

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and cut the peel into long slices very thin, put in your Peel again, adding to it the juice of two or three Lemons, and boyl it up to a Candy.

### *257. To make Paste of Apricots.*

Let your Apricots be very Ripe, and then pare them, then put them into a skiller, and set them over the Fire without water, stir them very well with a skimmer, and let them be over the Fire till they be very dry, then take some Sugar and boyl it into a Conserve, and mix an equal quantity of each together, and so make it into Paste.

### *258. To Pickle Artichoke-Bottoms.*

Take the best bottoms of Artichoaks, and parboyl them, and when they are cold and well drained from the water, and dried in a Cloath, to take away all the moisture, then put them into pots, and pour your brine upon them, which must be as strong as you can make it, which is done by putting in so much Salt to it as it will receive no more, so that the Salt sinks whole to the bottom; cover over your Artichoaks with this water, and pour upon it some sweet Butter melted to the thickness of two fingers, that no Air may come in; when the Butter is cold, set up your Pot in a warm place, covered close from Vermin. Before you put the bottoms in a Pot, you should pull off all the leaves and choak, as they are served at Table: The best time to do this is in Autumn, when your Plants produce those which are Young and Tender, for these you should Pickle before they come to open and Flower, but not before their Heads are round, when you would eat them you must lay them in water, shifting the water several

ral times, then boyl them once again, and so serve them.

259. *To make Marmalade of Grapes.*

Take of the Fairest and Ripeſt blew Grapes, gathered in the heat of the day, that their moiſture be dried up thoroughly, ſpread them upon a Table or Hindle in a Room where the Air and Sun may come in, let them lye ſo for fifteen or ſixteen days, that they may not both Sweat and ſhrink, if it be cloudy or cold weather, you may put them into an Oven, when it is only warm, after which, preſs them well with your Hands, cleaſing them from all the ſeeds and ſtalks, putting the huſks and juice to boyl in the Kettle, carefully ſcuming and clearing it from the ſeeds, reduce this Liquor alſo to a third part diminiſhing the Fire as the Confection thickens, ſtirring it often about with your ſpoon to prevent its cleaving to the Veſſel, and to make it boyl equally, then ſtrain it through a ſieve or courſe Cloath, bruizing the huſks with your wooden Ladle to ſqueeze out the Subſtance, and then ſerving it out in a Preſs, then ſet it again on the Fire, and let it boyl once more, keeping it continually ſtirring till you think they be ſufficiently boyled, then take it off, and pour it into earthen Pans, that it may not taſte of the Kettle, and being half cold, put it into Gally-pots to keep, let your pots ſtand open five or ſix days, and then cover them with Paper that the Paper may lye upon the Conſerve, and when the Paper grows mouldy put on another, till all the Superfluous moiſture is gone out, which will be in a little time if your Confection was well boyled, but if it were not you muſt boyl it again.

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### 260. *To Pickle Cornelians.*

Gather the fairest and biggest Cornelians when they first begin to grow red, and after they have lain a while, put them up into a Pot or Barrell, filling them up with Brine, as for Artichoaks, and put to them a little green Fennel, and a few Bay-leaves to make them smell we'l, then stop them up very close, and let them stand for a Month; if you find them too Salt, make the Pickle weaker before you serve them to Table.

### 261. *To make Jelly of Apples.*

Take either Pippins or *Jobin Apples* and cut them into quarters, either pared or unpared, boyl them in a good quantity of water till it be very strong of the Apples, take out the clear Liquor, and put to it a sufficient quantity of Sugar to make Jelly, with the slices of Apples, boyl all together, till the Apples be enough, and the Liquor like a Jelly; or else you may boyl the slices in Apple-Liquor without Sugar, and make Jelly of other Liquor, and put the slices into it when they be Jelly and it is sufficiently boyled, put to it some juice of Lemon and Amber, and Musk if you will.

### 262. *To make Jelly of Gooseberries.*

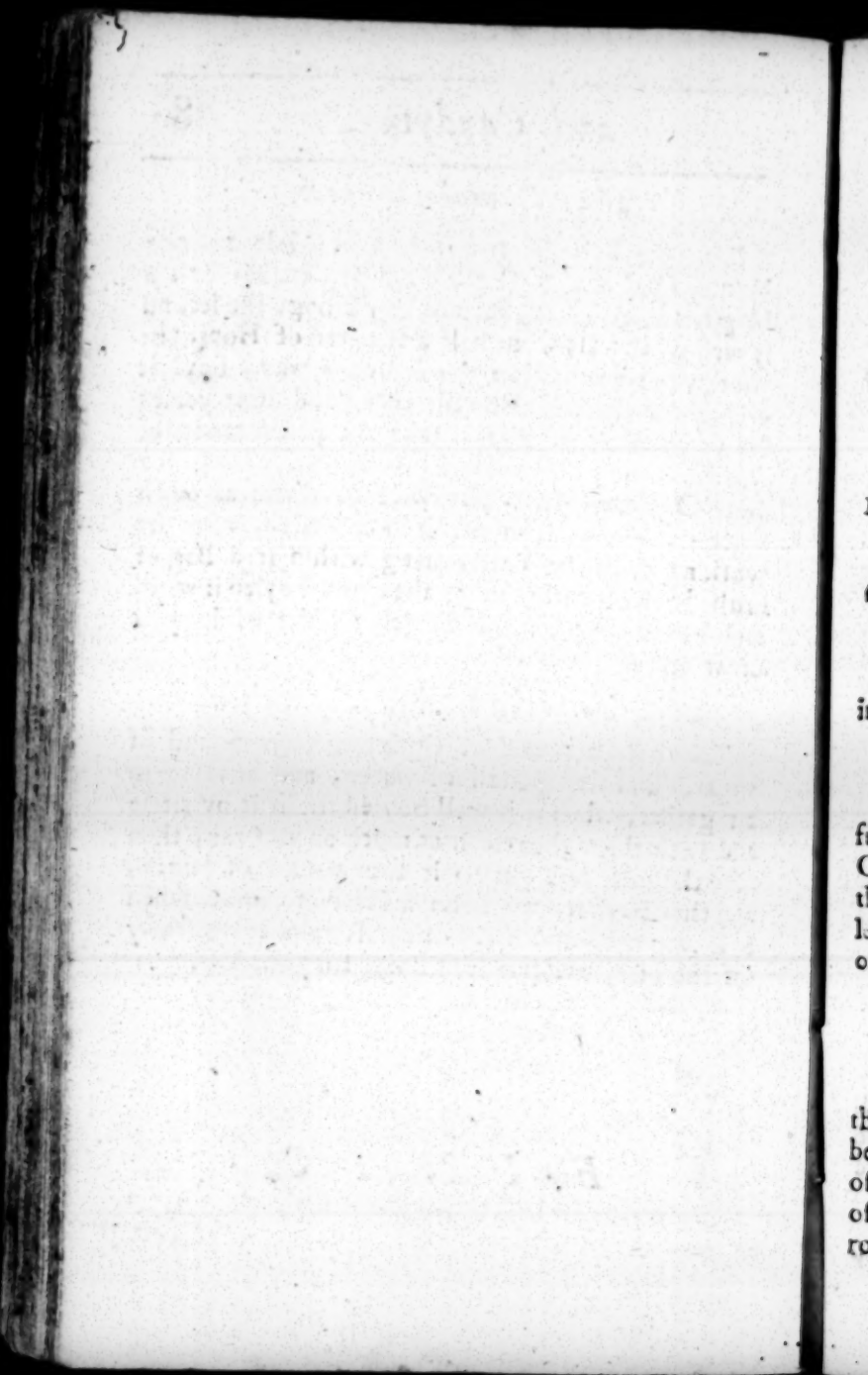
Let your Gooseberries be full Ripe, then strain them through a strainer, and to every two pound of juice put three quarters of Sugar, boyl it before you mix it, and then boyl it again together, when they are mixed try them upon a Plate, when it is enough it riseth off,

263. *To make Bragget.*

Put two Bushels and a half of Malt to one Hogshead of water, the first running makes half a Hogshead very good, but not very strong, the second is verſt weak: Boyl but half a quartern of Hops, put your water to the Malt the ordinary way, boyl it very well, and work it with very good Beer-yeaſt: Now, to make Bragget, take the firſt running of this Ale, but put leſſe Honey in it than you do for your Ordinary Mead, put twice or thrice as much Spice and Herbs, then put it in a Veſſel, after its working with the Yeaſt, hang within it a Bag of bruifed Spices, rather more then you boyled it with, and let it hang in the Barrel all the while you draw it.

264. *To make Italian Marmalade.*

Take fifteen pound of Quinces, three pound of Sugar, and two pound of water, and boyl them altogether, when it is well boyled ſtrain it by little and little through a cloth as much as you can, then take the juice and put to it four pound of Sugar, and then boyl it, try it on a Plate, to know when it is enough, and if it come off, take it preſently off the Fire, and put it in Boxes for your Uſe.





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# Excellent Receipts

IN

## Phyſick and Chyrurgery.

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### 1. *An Approved Remedy for the Stone and Gravel.*

**T**Ake the hard Roe of a Red-Herring, and dry it upon a Tile in an Oven, then beat it to powder, and take as much as will lye upon a six-pence every Morning fasting in a Glaſs of Rheniſh-Wine.

### 2. *An Excellent Drink for the Scurvy.*

Take a pound of Garden-Scurvy-Graſs, fix handfulls of Wormwood and Elder-tops, one Ounce of Carraway-seeds, and one Ounce of Nutmegs, put them all together into six Gallons of New-Ale, and let them work together, and after a convenient time of working, Drink of it every Morning fasting.

### 3. *A Receipt for the Gout known to be very helpful.*

Take five or six black Snails and cut off their Heads; then put to them one penny-worth of Saffron, and beat them together, and spread it on a woolly side of a piece of Sheeps Leather, and apply it to the Soles of the Feet, anointing the sore place with the Marrow of a Stone-Horse.

4. *For*

*4. For Gripping of the Guts.*

Take Anniseeds, Fennel, Bay-berries, Juniper-berries, Tormentil, Bistort, Balaustine, Pomegranate-pills, each one Ounce, Rose-leaves a handful, boyl them in Milk, strain it, and add the Yolk of an Egg, six Grains of Laudanum dissolved in the Spirit of Mint, prepare it for a Glyster, and give it warm.

*5. A Soverraign Medicine for any Ach or Pain.*

Take Barrows-grease, a Lap full of Arch-Angel-leaves, Flowers, Stalks and all, and put it into an Earthen pot, and stop it close, and paste it, then put it in a Horse-Dung-hil nine days in the latter end of May, and nine days in the begining of June, then take it forth, and strain it, and use it.

*6. For the Sciatica and Pains in the Joynts.*

Take Balm and Cinquefoil, but most of all Betony, Nep, and Featherfew, stamp them and drink the juyce with Ale and Wine. *Probatum.*

*7. For an Ague.*

Take the Root of a blew Lilly, scrape it clean, and slice it, and lay it in soak all Night in Ale, and in the Morning stamp it and strain it, and give it the Patient Luke-warm to Drink an hour before the Fit cometh.

*8. For*

8. *For all Feavers and Agues in Sucking Children.*

Take Powder of Chrystal and steep it in Wine, and give it to the Nurse to Drink, also take the Root of Devils-pir, with the Hearb, and hang it about the Childs Neck.

9. *A good Medicine to strengthen the Back.*

Take Comfrey, Knor-grafs, and Flowers of Arch-Angel, boyl them in a little Milk, and drink it off every Morning.

10. *For the Head-Ach.*

Take Rose Cakes and stamp them very small in a Morter with a little Ale, and let them be dryed by the Fire on a Tile-sheard, and lay it to the Nape of the Neck to Bed-ward. *Proved*

11. *For the Yellow Jaundise.*

Take a great white Onion, and make a hole where the Blade goeth out, to the bigness of a Chesnut, then fill the hole with Treacle, being beaten with half an Ounce of *English* Honey, and a little Saffron, and set the Onion against the Fire, and Roast it well that it do not burn, and when it is Roasted, strain it through a Cloath, and give the juice thereof to the Sick three days together, and it shall help them.

12. *For the Black Jaundise.*

Take Fennel, Sage, Parsley, Gromwell, of each much a like, and make Pottage thereof with a piece of good Pork, and eat no other Meat that day. 13. *For*

*13. For Infection of the Plague.*

Take a spoonful of Running-water, a spoonful of Vinegar, a good quantity of Treacle to the bigness of a Hasel-Nut, temper all these together, and heat it luke-warm, and drink it every four and twenty hours.

*14. For the Cramp.*

Take Oyl of Camomile, and Fenugreek, and annoynt the Place where the Cramp is, and it helpeth.

*15. For the Ach of the Joynts.*

Take Marshmallows and sweet Milk, Linseed Powder of Cummin, and the whites of Eggs, Saffron, and white grease, and Fry all these together, and lay it to the aking joynt.

*16. For an Ague.*

Take a Pottle of thin Ale, and put thereto a handful of Parsley, as much Red Fennel, as much Centory, as much Pimpernel, and let the Ale be half Consumed away, and then take and drink thereof.

*17. To make the Countess of Kents Powder.*

Take of the Magistery of Pearls, of Crabs-Eyes prepared, Harts-Horn, Majestery of white Coral, of *Lapis contra Yavum*, of each a like quantity, to these Powders infused, cut off the black tops of the great Claws of Crabs, the full weight of the rest: Beat these all into a fine Powder, and searce them through a fine Lawn searce: To every Ounce of this powder add a Dram of *Oriental Bezoar*, make all these up in a lump or Mass with Jelly of Harts-Horn, and colour it with Saffron, putting thereto a  
scruple

scruple of Amber-grease, and a little Musk finely powdered, and dry it in the Air, after they are made up into small quantities, you may give to a Man twenty Grains, and to a Child twelve Grains. It is excellent against all Malignant and Pestilent Diseases, *French Pox*, Small-Pox, Measles, Plague, Pestilence, Malignant or Scarlet-Feavers, and Melancholly, twenty or thirty Grains thereof being exhibited (in a little warm Sack, or Harts-Horn-Jelly) to a Man, and half as much, or twelve Grains to a Child.

18. *For the Falling Sickness, or Convulsions.*

Take the Dung of a Peacock, make it into Powder, and give so much of it to the Patient as will lye upon a Shilling, in a little Succory-water Fasting.

19. *For the Plurisie.*

Take the round Balls of Horse-Dung, and boyl them in a pint of White-wine till half be consumed, then strain it out, and sweeten it with a little Sugar, let the Patient Drink of this, and then lye warm.

20. *To prevent Miscarrying.*

Take Venice Turpentine, spread it on black brown Paper, the breadth and length of a hand, and lay it to the small of her back, and let her Drink a Caudle made of Muscadine, putting into it the husks of about twenty sweet Almonds dyed, and finely powdered.

21. *For the Worms in Children.*

Take Wormseed boyled in Beer and Ale, and sweetned with Clarified Honey, and then let them drink it.

22. *For*

*22. For the Whites.*

Take white washed Turpentine, and make up in ballslike Pills, then take Cinamon and Ginger, and roul the Balls in it, and take them as you would do Pills, Morning and Evening. *Proved.*

*23. For a dry Cough.*

Take Anniseeds, Ash-seeds, and Violets, and beat them to powder, and stamp them, of each a like quantity, then boyl them together in fair water till it grows thick, then put it up, and let the Patient take of it Morning and Evening.

*24. To make Unguentum Album.*

Take a pint of Oyl-Olive, and ha'f a pound of Diaculum, Anniseeds a pretty quantity and put them together, and put thereto a pound of Ceruse small grounded, boyl them together a little, and stir them alway till it be cold, and it is done.

*25. To destroy the Piles.*

Take Oyl of Roses, Frankincense, and Honey, and make an Oyntment of them, and put it into the Fundament, and put Myrrh unto the same, and use often to annoint the Fundament therewith, and let the Fume thereof go into the Fundament.

*26. For the Canker.*

Take a handful of unſet Leeks, with the Roots, and a small quantity of Yarrow, and boyl them in White-wine, till they be all very soft, then strain and Clarifie them, and let the Patient drink thereof Morning and Evening blood-warm.

*27. For*



*27. For the Itch.*

Take the Juice of Penny-royal, the juice of Savin, the juice of Scabious, the juice of Sage, the juice of Pellitory, with some Barrows grease and black-soap, temper all these together, and make a Salve for the Itch.

*28. For the Kings-Evil.*

Take two Ounces of the Water of Broom-flowers Distilled, and give it in the Morning to the Patient Fasting, and it will purg the Evil Humour downward, and wasterh, and healeth the Kernels without breaking them outwardly.

*29. To break an Imposthume.*

Take a Lilly-root and an Onion, and boyl them in water till they be soft, then stamp them, and Fry them with Swines grease, and lay it to the Imposthume as hot as the Patient may suffer it.

*30. For Biting of a Mad Dog.*

Stamp large Plantain, and lay it to the grieved place, and it will cure the Sore.

*31. For the Green-Sickness.*

Take the Keys of an Ashen-Tree dried and beaten to powder, and take of red Fennel, red Sage, Marjoram, and Berony, and seeth them in Running-water, from a Pottle to a quart, then strain them, and  
drink

drink thereof a good draught with Sugar, Morning and Evening Luke-warm.

### 32. *For Deafness.*

Take of Wild Mint, mortifie it, and squeeze it in the hand till it rendereth juice, then take it with its juice and put it into the Ear, change it often, this will help the Deafness if the Person hath heard before.

### 33. *For the Dropfie*

Take a Gallon of White-wine, and put into it a handful of *Roman* Wormwood, and a good piece of Horse-Radish, and a good quantity of Broom-Ashes tyed in a Cloath, then take a good bunch of Dwarf-Elder, beat it in a Morter, and strain out the juyce, and put into the wine when you will drink it, but if the Dwarf-Elder be dry, you must steep a good quantity in the Wine. Take of this half a pint Morning and Evening.

### 34. *For a Sprain in the Back, or any other Weakness.*

Take a quarter of a pint of good Muscadine, a spoonful of Madder, Incorporate them well together, then give it the Patient to drink for three Mornings together, and if need requireth, you may use it often in a day, this will strengthen the Back exceedingly.

### 35. *An Excellent Remedy for Sore Eyes.*

Take a Gallon of pure Runing water, and eight drams of white Coperas, and as much of fine white Salt, mix them together, and let it simmer half an hour over a slow Fire, and then strain it for use.

Catholi-

Catholicon.

36. *A most Excellent Cordial.*

Take half a Peck of Ripe Elder-Berries, pick them clean, and let them stand two or three dayes in an Earthen pan, till they begin to hoar or mould, then bruise and strain them, and boil the Liquor till half be consumed, then putting a pound of Sugar to every pint of Liquor, boyl them to Syrup.

37. *A Medicine for an Ague.*

Take a quart of the best Ale, and boyl it to a pint, and let the party drink it as hot as he is able, and then let the Patient lye down upon a bed, and be covered warm when the first Fit grudges, and let a bason be ready to Vomit in.

38 *Another for an Ague.*

Take a large Nutmeg, and slice it, and so much Roch-Allom beaten to powder, and put them both into one pint of the best White-wine, and incorporate them well together, and let the Patient take one half thereof about half an hour before the Fit, and then walk apace, or use some other Laborious Exercise, and when the Fit begins to come, take the other half, and continue Exercise. Both these I have known to Cure to Admiration.

39. *For a great Lax, or Looseness.*

Take one quart of New Milk, and have ready one half pint of Distilled Plantain-water, and set your  
E Milk

Milk over the Fire, and when your milk by boiling rises up, take two or three spoonfuls, as Occasion shall be, to allay the rising, and when it rises again, do the like, and so in like manner till the Plantain-water be all in, and then boyling up as before, let the Patient drink thereof warmed hot, or how else he likes it; I never yet have found it fail of Curing.

40. *For Curing of Deafness.*

Take Herb of-Grace, and pound it, then strain it, and take two spoonfuls of the Juice, and put thereto one spoonful of Brandy-wine, and when it is well evaporated, dip therein a little black woell or fine Lint, being first bound with a silk thread, and put it into your Ear.

41. *For the Scurvy.*

Take half a peck of Sea-Scurvy-grass, and as much Water-creffes, of Dwarf-Elder, *Roman* Wormwood, Red-Sage, Fumitory, Harts-Horn, and Liver-wort, of each one handful, wash the Water-creffes, and dry them well, the other Herbs must be rubb'd clean, and not washed, then add one Ounce of Horfe-Raddish, and a good handful of Madder-Roots, beat these with the Herbs, and strain the juice well out, for the last is best, then set it on a quick fire, and scum it clean, then let it stand till it be settled, and when it is quite cold, bottle it up, and keep it in a cold place: you must take four or five spoonfuls with one spoonful of Syrup of Lemons put into it, each morning Fasting, and Fast one hour after it.

42. *An Excellent Remedy to procure Conception.*

Take of Syrup of Mother-wort, Syrup of Mugwort half an Ounce, of Spirit of Clary two Drams, of the Root of *English* Snake-weed in fine powder one Dram, Purslain-seed, Nettle-seed, Rochet-seed, all in subtile powder, of each two drams: Candied Nutmegs, Eringo-Roots, Satyrion-Roots Preserved, Dates, Pastachoes, Conserve of Succory, of each three drams, Cinamon, Saffron in fine powder, of each a Scruple, Conserve of Vervain, Pine-Apple-Kernels picked and pilled, of each two drams, stamp and work all these Ingredients in a Mortar, to an Electuary, then put it up into Gally-pots, and keep it for Use: Take of this Electuary the quantity of a good Nutmeg in a little Glass full of White-wine, in the Morning Fasting, and at four a Clock After-noon, and as much at night going to Bed, but be sure do no violent Exercise.

43. *For a sore Breast not Broken.*

Take Oyl of Roses, Bean-flower, the Yolk of an Egg, a little Vinegar, temper all these together, then set it before the Fire that it may be a little warm, then with a Feather strike it dpon the Breast Morning and Evening, or any time of the day she finds it pricking.

44. *To Heal a sore Breast when Broken.*

Boyl Lillies in new Milk, and lay it on to break it, and when it is broken, Tent it with a Mallow-stalk, and lay on it a Plaister of Mallows boyled

in Sheeps Tallow; these are to be used if you cannot keep it from breaking.

45. *For a Consumption.*

Take a Pound and half of Pork, Fat and Lean, and boyl it in water, and put in some Oat-meal, and boyl it till the heart of the Meal be out, then put to it two quarts of Milk, and boyl it a quarter of an hour, and give the Patient a draught in the Morning, Afternoon, and Evening, and now and then some Barley-water.

46. *For the Falling-Sickness.*

Take powder of Harts-horn, and drink it with Wine, and it helpeth the Falling Evil.

47. *For the Tooth-Ache.*

Take Featherfew and stamp it, and strain it, and drop a drop or two into the contrary Ear to the pain, and lie still half an hour after.

48. *For a Wen.*

Take black Soap, and mix with unslaked Lime, made into powder, and lay it upon the Wen or Kernel.

49. *For the Wind.*

Take the juice of Red Fennel, and make a Posset of Ale therewith, and drink thereof.

50. *An Excellent Medicine for the Dropsie.*

Take two Gallons of New Ale, then take Setwel, Calamus Aromaticus, and Galingale, of each two peny-worth, of Spikenard four peny-worth, stamp all together, and put them into a Bag,



Bag, and hang it in the Vessel, and when it is four dayes old drink it Morning and Evening.

50. *For a Scald-Head.*

Wash thy Head with Vinegar and Camomile stampd and mingled together; there is no better help for the Scald: or grind white Hellebore with Swines grease, and apply it to the Head.

52. *To make the Plague-water.*

Take a handful of Sage, and a handful of Rue, and boyl them in three pints of Malmsey or Muscadine till one pint be wasted, then take it off the Fire, and strain the Wine from the Herbs, then put into the Wine two penny-worth of long-pepper, half an Ounce of Ginger, and a quarter of an Ounce of Nutmegs, all grossly bruised, and let it boyl a lttle again. Then take it off the Fire and dissolve in it half an Ounce of good Venice, Treacle, and a quarter of an ounce of Mithridate, and put to it a quarter of a pint of strong Angelica-water, so keep it in a Glasse close stopp'd, for your Use. This Water cureth Small pox, Measles, Surseits, and Pestilential Fevers.

53. *A Precious Eye-water for any  
Diseases of the Eye, often  
proved.*

Take of the best White-wine half a pint, of white Rose-water as much, of the water of Celendine, Fennel, Eye-bright and Rue, of each two Ounces, of prepared Tutia six Ounces, of Cloves as much, Sugar Rosate a Dram, of Camphire and Aloes, each half a dram, wash the eyes therewith.

54. *A Cordial Julep.*

Take Waters of Endive, Purslain, and Roses, of each two Ounces, Sorrel-water half a pint, Juice of Pomegranats, and for lack thereof, Vinegar four Ounces, Camphire three drams, Sugar one Pound, boyl all these together in the form of a Julep, and give three or four Ounces thereof at a time.

55. *To make the Green Oyntment.*

Take a pound of Swines grease, one Ounce of Verdigrease, half a Scruple of *Sal Gemme*, this Ointment may be kept forty years, it is good against Cancers and Running Sores, it fretteth away dead Flesh, and bringeth new, and healeth old Wounds, put it within the Wound that it fester not.

56. *For Fits of the Mother.*

Take a brown Toast of four Bread, of the nether Crust, and wash it with Vinegar, and put thereto black Soap like as you would butter a Toast, and lay it under the Navil.

57. *For the Rickets in Children.*

Take of Fennel-seeds and Dill-seeds, but most of the last, boyl them in beer, and strain it, and sweeten it with Sugar, and let the Child drink often. *Probatum.*

58. *For the Shingles.*

Take the green leaves of Colts-foot stamped and mingled with Honey, and apply it, and it will help.

59. *To*

59. *To heal a Fistula or Ulcer.*

Take Figgs and stamp them with Shoo-makers wax, and spread it upon Leather, and lay it on the Sore, and it will heal.

60. *For a Woman in Travel.*

Take seven or eight leaves of Betony, a pretty quantity of Germander, a branch or two of Penny-royal, three Mary-golds, a branch or two of Hyssop, boyl them all in a pint of White-wine, or Ale, then put into it Sugar and Saffron, and boyl it a quarter of an hour more, and give it to drink warm.

61. *To make a Woman be soon Delivered, the Child being dead or alive.*

Take a good quantity of the best Amber, and beat it exceeding small to powder, then searce it through a fine piece of Lawn, and so drink it in some Broath or Caudle, and it will by Gods help cause the Patient to be presently Delivered.

62. *For Infants troubled with Wind and Phlegm.*

Give them a little pure Sugar-Candy, finely bruised in Saxifrage-water, or Scabious-water, in a spoon well mingled together.

63. *A most Excellent Medicine to cause Children to breed their Teeth easily.*

Take of pure Capons grease very well Clarifi'd, the quantity of a Nutmeg, and twice as much of pure Honey, mingle and incorporate them well together, and anoint the Childs Gums therewith three or four times

E. 4.

a day

aday when it is Teething, and they will easily break the Flesh, and prevent Torments and Agues, and other Grievs which usually accompany their coming forth.

*64. For Agues in Children.*

Take a spoonful of good Oyl of Populeon, and put thereto two spoonfuls of good Oyl of Roses, mingle them well together, and then warm it before the Fire, anoint the Childs Joynts and Back, also his Forehead and Temples twice a day, Chafing the Oyntment well in.

*65. To cause a Young Child  
to go to Stool.*

Chafe the Childs Navel with *May* Butter before the Fire, then take some black Wool and dip it in the Butter, and lay it to the Navil, and it will procure a Stool: this is also good for one in Years, that can take no other Medicine.

*66. For Worms in Children.*

Take of Myrrh and Aloes very finely powdered, of each a peny-worth, and put thereto a few drops of Chymical Oyl of Wormwood or Savine, and a little Turpentine; make these up into a Plaister, and lay it to the Childs Navil.

*67. To help one that is Blasted.*

Take the white of an Egg, and beat it in a Mortar, put to it a quarter of an Ounce of Coperas, and grind them well together till it come to an Oyntment, and therewith anoint the Sore Face, and it will ease the pain, and take away the Swelling; and  
when

when it is well nigh whole, anoint the place with a little Populeon, and that will make the skin fair and well again.

68. *An Excellent Salve.*

Take half a pound of Bees-wax, a pint of Sallet-Oyl, three Ounces of Red Lead, boyl all together in a New Earthen Pipkin, keeping it stirring all the while till it grows of a darkish Colour, then keep it for Use, or make Scar-cloaths of it while it is hot.

It is most approved against any Pain, Sore, Scald, Cut, Burn; to strengthen the Back, or remove any Old Ach whatsoever.

69. *A Julep of Dr. Trench for the Fits of the Mother.*

In the time of the Year distil Black-Cherry-water, Piony-flower-water, Cowslip-water, Rue, or Herb-grace-water; then take of the waters of Cowslip, Black-Cherries, Piony, Rue, of each an Ounce, and add to them water of Castor half an Ounce, Cinnamon-water one Dram, Syrup of Clove-gilliflowers three drams, mix all these together, and take two spoonfuls at a time of it, as often as you please.

70. *For a Tympany.*

Take a handful of the blossoms of Mary-Golds, stamp them, and strain them, and give the juice thereof to the Patient in a draught of Ale fasting.

71. *To provoke Terms, a good Medicine.*

Take Wormwood and Rue, of each one handful, with five or six Pepper-corns, boyl them all together

in a quart of White-wine or Malmsey, strain it, and drink thereof.

*72. For the Bloody-flux or Scouring.*

Take a great Apple and cut out the Core, and put therein pure Virgins wax, then wet a paper and lap it therein, then rake it up in the Embers, and let it Roast till it be soft, then eat of it as your Stomack will give leave.

*73. For a Rheumatick Cough or Cold.*

Take a pint of Hyssop-water, Syrup of Gilliflowers, Syrup of Vinegar, Syrup of Maiden hair, Syrup of Colts-foot, of each one Ounce, mingle them all together, and drink it when you please.

*74. To kill a Fellon.*

Take an Egg and Roast it hard, and take out the Yolk thereof, then Roast an Onion soft, and beat the Yolk and the Onion together, and lay it to the fore, and it will kill the Fellon.

*75. For the White Flux.*

Take the Powder of the Flower of Pomegranats, and drink it in Red Wine.

*76. For the Red Flux*

Take *Sperma Cati*, and drink it, and truss up your self with a piece of black Cotton.

*77. For the Cancer in a Womans Breast.*

Take the Dung of a Goose, and the juice ofcelandine, and bray them well in a Mortar together, and



and lay it to the Sore, and this will stay the Cancer, and heal it,

78. *For an Ague in the Breast.*

Take Grounsel, Dasse-leaves and roots, and course Wheat sifted, make a Poultice thereof with the parties own water, and lay it warm to the Breast.

79. *For Bleeding at the Nose.*

Take Betony and stamp it with as much Salt as you can hold betwixt your two fingers, and put it into your Nose.

80. *For spitting of Blood.*

Take Smallage, Rue, Mints, and Betony, and boyl them well in good Milk, and drink it warm.

81. *To stanch the Bleeding of a Wound  
or at the Nose.*

There is no better thing than the Powder of Bole-Armoniack, to stanch the bleeding of a Wound, the Powder being laid upon it, or for the Nose, to be blown in with a Quill. Or take the shavings of Parchment, and lay it to the Wound, and it stancheth and healeth.

82. *To make the Gascoign Powder.*

Take of Pearls, White Amber, Harts-horn, Eyes of Crabs, and white Coral, of each half an Ounce, of black thighs of Crabs calcined, two Ounces; to every Ounce of this Powder put in a dram of Oriental Bezoar, reduce them all into a very fine Powder, and

and se. rse them, then with Harts-horn-Jelly and a little Saffron put therein, make it up into Paste, and make therewith Lozenges, or Trochises for your Use.

Get your Crabs for this powder about *May* or in *September* before they be boyled; dry your Lozenges in the Air, not by fire nor Sun.

83. *For the Megrin, or Imposthume in the Head.*

Take four peny-weight of the Root of Pellitory of *Spain*, a Farthing weight of Spikenard, and boyl them in good Vinegar, and when it is cold, put thereto a spoonful of Honey, and a Saucer-ful of Mustard, and mingle them well together, and hold thereof in your mouth, a spoonful at once, and use this eight or nine times, spitting it out continually.

84. *For Pain in the Ears.*

Take the juice of Wild Cucumbers, and put it into the Ears, and it asswageth the Pain. Also put the Wood of green Ash in the Fire, and save the Liquor that cometh out at the End, and put it into the Ears, it causeth the pain to cease, and amendeth the Hearing: Also beat the juice of Wormwood, and drop it into the Ears,

85. *A Precious Water for the Eye-sight, made by K. Edward the sixth.*

Take Smalledge, Red Fennel, Rue, Vervain, Betony, Agrimony, Pimpernel, Eufrane, Sage, Celandine, of each a like quantity, first wash them clean, then

then stamp them, and put them in a fair Brazen pan, with the powder of fourteen or fifteen Pepper-Cornes; fair searled into a pint of good White-wine, put them into the Herbs with three spoonfuls of Honey, and five spoonfuls of the water of a Man-Child that is sound; mingle all together, and boyl them over the Fire, and when it is boyled, strain it through a fine Linnen Cloath, and put it into a Glass, and stop it well and close till you use it, and when you need, put a little thereof into the Sore Eyes with a Feather, but if it be dry, temper it with White-wine, and it profiteth much all manner of Sore Eyes: This water was used by K. *Edward* the Sixth.

86. *My Lord Dennies Medicine  
for the Gout.*

Take Bur-dock-Leaves and stalks, cut them small and stamp them very small, then strain them and cleanse them, and when you have so done, put them into Glasses, and put pure Oyl of Olives on the top of them, and stop it close from the Air, and when you would use it for the Gout, pour it into a porringer, and warm it, and wet Linnen Cloaths in it, and apply it warm to the grievèd place, warming your Cloaths one after another, as they grow cold that are on.

87. *Dr. Stephen's Sovereign Water.*

Take a Gallon of good Gascoign Wine, then take Ginger, Galingale, Cancel, Nutmeg, Grains, Cloves, Anni-seeds, Carraway-seeds, of each a dram; then take Sage, Mints, Red Roses, Thyme, Pellitory, Rosemary, Wild Thyme, Camomile, Lavender, of each a hand.

a handful, then bray both Spices and Herbs, and put them all into the Wine, and let them stand for twelve hours, divers times stirring them, then distill in an Alembeck, but keep that which you distil first by it self, for that is the best, but the other is good also, but not so good as the first. This water comforteth the Viral Spirits, and helpeth inward Diseases which come from Cold; it helpeth Conception in Women that are Barren, and killeth Worms in the body, it cureth the Cold Cough, and helpeth the Tooth-ach, it comforteth the Stomack, and cureth a stinking Breath, it preserveth the body in good liking, and makes them look Young.

88. *The Water called Aqua Mirabilis  
& Pretiosa, made by Dr. Wilmoughby.*

Take of Galingale, Cloves, Mace, Cucubes, Ginger, Cardamum, Nutmegs, Mellilot, Saffron, four Ounces, and beat all these into Powder, Agrimony-water the quantity of a dram, and somewhat more; then take of the juice of Celendine half a pint, and mingle all these together with a pint of good Aqua-Vitæ, and three pints of good White-Wine; put all these together in a still of Glass, and let it stand so all Night, and on the Morrow Distil it with an easie Fire as may be. This water dissolveth the Swelling of the Lungs without any Grievance, and helpeth, and comforteth them being wounded, and suffereth not the blood to putrefie; he shall never need to be let blood that useth this water, it suffers not the Heart to burn, nor Melancholly, nor Rheum to have Dominion above Nature; it also expelleth Rheum, and purifieth the Stomack.

89. *To make Allom-water.*

Take a pound of Allom, and beat it to powder, then take a Gallon of Clean water, and set it on the Fire, letting it boyl till all the Allom be melted, then take it off the Fire, and when it is cold, put it into a Glas, and keep it for use.

90. *To make an Excellent Electuary called the Electuary of Life.*

Take *Scorlegio, Morre, Gentiana, Grandoret, and Jalzom*, of each a like quantity, stamp them and strain them, and mingle them with Honey that hath been well boyled on the Fire, and scummed clean: This is Excellent for Sickness in the Stomack, or pain in the Belly, Heart or Head, or for those that are bitten with any venemous beast, or Poysoned; it must be taken in water three or four spoonfuls at a time in the Morning, Fasting; if the Disease be of any long time standing, he must drink it fifteen dayes together, and he will be whole. *Probatum.*

91. *Against heat of the Liver.*

Take Fennel, Endive, Succory, Plantain, of each alike, Distil them with Red Wine and Milk, and use it every Morning, nine Spoonfuls at a time, with a draught of Wine and Sugar, or else five spoonfuls thereof alone.

92. *For Swooning Fits.*

For Swooning, and weakness of the Heart in Feaver and Sicknes, or if it come from other cause, stamp Mints with Vinegar, and a little Wine, if the Patient

patient have no Feaver, then toast a bit of bread till it be almost burnt, and put it therein till it be well soaked, then put it in the Nose of the patient, and rub his Lips, Tongue, Gums Teeth, and Temples, and let him chew and suck the moistness thereof, and swallow it.

93. *A Water for the Eyes, to make a Man see in forty days, who hath been Blind seven Years before, if he be under fifty Years of Age.*

Take Smalledge, Fennel, Rue, Betony, Vervain, Agrimony, Cinquefoil, Pimpernel, Eye-bright, Celandine, Sage, of each a quartern, wash them clean, and stamp them, do them in a fair mashing-pan, put thereto a quart of good White-wine and the powder of thirty Pepper-corns, six spoonfuls of Live Honey, and ten spoonfuls of the Urine of a Man-Child that is wholesome, mingle them well together, and boyl them till half be wasted, then take it down and strain it, and afterwards Clarifie it, and put it into a Glass Vessel well stoppt, and put thereof with a Feather into the Eyes of the blind, and let the patient use this Medicine at Night when he goeth to bed, and within forty dayes he shall see : It is good for all manner of sore Eyes. Wild Tansie-water is good for the Eye-sight, and eating of Fennel-seed is good for the same.

94. *For a Web in the Eye.*

The Leaves of white Honey-Suckles, and Ground-Ivy, of each a like quantity ground together, and put every day into the Eye, Cureth the Web. Or else Salt burnt in a Flaxen coath, and tempered with Honey



Honey, and with a Feather annointed on the Eye-lids, killeth worms that annoy the Eye-lids.

95. *For moist Scabs after the Small-Pox.*

Take *Lapis Calaminaris*, Letharge of Gold and Silver, of each two drams, Brimstone and Ceruse two Ounces, bring all these into a fine powder, and then beat them in a Mortar with so much Barrows-grease as is sufficient to make it up in an Oyntment, and annoint the places therewith Evening and Morning.

96. *To bring down the Flowers.*

Take of Alligant, Muscadine, or Claret a pint, burn it, and sweeten it well with Sugar, put thereto two spoonfulls of Sallet-Oyl; then take a good Bead of Amber in powder in a spoon, with some of the Wine after it: Take this Evening and Morning.

97. *To stay the Flowers.*

Take Amber, Coral, Pearl, Jeat, of each alike, grind them to a fine powder, and searse them, take thereof as much as will lye upon a six-pence with Conserve of Quinces, and drink a draught of New milk after it: Use this every Morning.

98. *To cure Corns.*

Take beans, and chew them in your mouth, and tye fast to your Corn, and it will help: Do this at Night.

99. *To make Oyl of Roses.*

Take Red Rose-leaves a good quantity, and stamp in a Mortar, and put thereto Oyl-Olive, and let it stand

ſtand in the Sun twelve dayes, and then put it in a Glaſs, and bind the Glaſs faſt about with Ropes of Hay, and ſet it in a pan full of water, and let it boyl ſoftly two hours, and then let it cool, then put it in ſmall Glaſſes, and put thereto the Leaves of Red Rotes all whole, and ſtop it faſt, and ſet it in the Sun for ſixteen dayes, and ſo uſe it at your need.

100. *For any Itch, or Breaking out.*

Take Frankincenſe, and beat it ſmall in a Mortar, and mingle it with Oyl of Bayſe, and therewith anoint all over, and it will deſtroy the Itch.

101. *For the Piles after Child-Birth.*

Make a Bath of Worm-wood, Southern-wood, Cinnamon-Rinde, and the bark of *Caffia Fiſtula* boyled well in Wine; when the Woman delivered goeth forth of the Bath, put Bombace, or Cotton with powder of Aloes mixed with Oyl of Penny-royal, unto her lower parts.

102. *For a Stitch in the Side.*

Take three handſuls of Mallows, boyl them in a little raw Milk, and put thereto a handſul of Wheat-bran, and let them boyl together, and then wring out the Milk, and lay it hot to the Seitch, apply it often. Or take a few leaves of Rue and Yarrow, ſtamp them together, and wring out the Juice and drink it with a little Ale.

103. *For a Tertian, or double Tertian Ague.*

Take a good quantity of Celandine, a ſpoonful of Salt, and the bigneſs of an Egg in Leven, and as much Alligant and *Spaniſh Soap*, ſtamp them well in a Mortar

tar, and make a Plaister of them, and apply them to the Patients feet one hour before the coming of the Fit, add thereto four or five Yolks of Eggs: Or take of Anni-seed-water the best you can get, half a pound of Oyl of Vitriol, shake them well together, and drink one or two spoonfuls thereof an hour before the Fit comes.

104. *For the Spleen.*

Boyl the Rindes and Keys of an Ash-Tree very tender in White-wine, and drink a good draught thereof for six or seven Mornings together, and it will much ease the Patient: when you drink this, a-noint the Spleen with *Unguentum Dialthea* every Morning, and Evening, applying also a Plaister of *Melilot* to the place.

105. *An Excellent Powder for the Green-Sicknes.*

Take four Scruples of Gentian made into fine Powder, of Raspt Ivory, and Harts-horn, of each two Scruples, make these into fine Powder, and give a spoonful thereof with White-wine or the like at once.

106. *A Drink that healeth all Wounds without any Plaister or Oyntment, or without any Taint most perfectly.*

Take Sanicle, Milfoil, and Bugle, of each a like quantity, stamp them in a Mortar, and temper them with Wine, and give the sick that is wounded to drink twice or thrice a day till he be whole: Bugle holdeth open the wound, Milfoil cleanseth the wound, Sanicle healeth it; but Sanicle may not be given to him that is hurt

hurt in the Head, or in the Brain-pan, for it is dangerous. This is a good and Tryed Medicine.

107. *For Pricking of a Thorn.*

Take of Violet-Leaves one handſul, ſtamp them together, and take a quantity of Boars greaſe, and of Wheat-bran one handſul, ſet it on the fire in clean water, and make a Plaifter thereof, and lay it to the Grief.

108. *To make Oyl of St. John's Wort, good for any Ach or Pain.*

Take a quart of Sallet-Oyl, and put thereto a quart of Flowers of St. *John's Wort* well picked, let them lye therein all the Summer, till the ſeeds of the Herb be ripe, the Glaſs muſt be kept warm, either in the Sun, or the Water all the Summer, till the Seeds be ripe; then put in a quart of St. *John's-wort*-Seeds whole, and ſo let it ſtand twelve hours, the Glaſs being kept open, then you muſt boyl the Oyl eight hours, the water in the Pot full as high as the Oyl in the Glaſs; when it is cold ſtrain it, that the Seed remain not in it, and ſo keep it for your Uſe.

109. *For the Tiſſick.*

Take two ounces of Licorice ſcraped and bruised, of Figs three ounces, of Agrimony, Horehound, *Enula Campana*, of each a handſul, boyl them all together in a Gallon of water, till the half be waſted, then ſtrain the Herbs from the juice, and uſe it early and late. Alſo for the dry Tiſſick, ſtamp Fennel-Roots, and drink the juice thereof with White-wine.

110. *To make Oyl of Fennel.*

Put a quantity of Fennel between two Tile-stones, or plates of Iron, make them very hot, and press out the Liquor; and this Oyl will keep a great while, for it is good for the Tisick, dry Scab, Burning, and Scalding.

111. *To make the Black Plaister for all manner of Griefs.*

Take a quantity of Oyl-Olive, a quantity of Red Lead, boyl these together, and stir them with a Slice of wood continually till it be black, and somewhat thick; then take it off the Fire, and put in it a penny-worth of Red wax, and a pound of Rosin, and set it to the Fire again, but do not blaze it, and stir it, then take it off and let it stand till it be cold, and make it in a lump: It is good for a new Wound, or to stanch blood; pour a little of it in a dish, and if it stick fast to the Dishes side, then it is enough, keep it for your use as need requireth.

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FINIS.

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*Beautifying Waters, Oyls, Ointments,  
and Powders, to Adorn and add Love-  
lines to the Face and Body.*

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*1. To make the Hair very Fair.*

**W**ASH your Hair very clean, and then take some Allom-water warm, and with a Sponge moisten your Hair therewith, and it will make it fair. Or you may make a Decoction of Turmerick, Rubarb, or the Bark of the Barbary-Tree, and so it will receive a most fair and beautiful Colour.

*2. Another.*

Take the last water that is drawn from Honey, and wash your head therewith, and it will make the Hair of an Excellent fair colour, but because it is of a strong smell, you must perfume it with some sweet Spirit.

*3. To make the Hair grow thick,*

Make a strong Lye, then take a good quantity of Hyssop-Roots, and burn them to Ashes, and mingle the Ashes and the Lye together, and therewith wash your Head, and it will make the Hair grow; also the Ashes of Frogs burnt doth encrease Hair, as also the Ashes of Goats-dung mingled with Oyl.



*4. To make the Hair Grow.*

Take Marsh-Mallows, and boyl them, Roots and all, and wash the head therewith, and it will grow in a short time : also take a good quantity of Bees, and dry them in a sieve by the Fire, and make Powder of them, and temper it with Oyl-Olive, and anoint the place where the Hair should grow : also take the Oyl of Tartar, and warm it, and anoint any bald Head therewith, and it will restore the Hair again in a short time.

*5. To make the Hair Fair.*

Take the Ashes of a Vine burnt, of the knots of Barley-straw, and Licorice, and Sow-bread, and distil them together in fair water, and wash the Head with it ; also sprinkle the Hair while it is Combing with the Powder of Cloves, Roses, Nutmegs, Cardamum, and Galingale, with Rose-water ; also the Head being often washed with the Decoction of Beech-Nut-Trees, the Hair will become Fair.

*6. To make the Hair grow.*

Take Hasle-Nuts with husks and all, and burn them to Powder, then take Beech-mast, and the leaves of *Enula Campana*, and stamp the Herb and the Mast together, then seeth them together with Honey, and anoint the Place therewith, and strew the Powder thereon, and this will make the Hair grow.

*7. To take away Hair.*

Take the Juice of Fumitory, mix it with *Gum-Arabick*, then lay it on the Place, the Hairs first plucked out by the Roots, and it will never permit any more

more Hair to grow on the place: Also anoint your Head with the juice of a Glo-worm stamped, and it hath the same Virtue.

8. *For the Falling of Hair.*

Take the Ashes of Pigeons-dung in Lye, and wash the Head therewith; also Walnut-leaves beaten with Bears-suet, restoreth the Hair that is plucked away. Also the Leaves and middle Rinde of an Oak sodden in Water, and the Head washed therewith is very good for this purpose.

9. *To make the Face Fair.*

Take the Flower of Beans and Distill them, and wash the Face with the Water; some say, that the Urine of the Party is very good to wash the Face withall, to make it Fair.

10. *For Cleansing the Face and Skin.*

If the Face be washed with the Water that Rice is sodden in, it cleanseth the Face, and taketh away Pimples.

11. *A Water to Adorn the Face.*

Take Eggs cut in pieces, Orange-peels, the Roots of Melons, each as much as is sufficient, in a large Vessel with a long Neck, Distill by an Alembeck, with a strong and careful Fire.

12. *To Beautifie the Face.*

Take of Cuckow-pindle a pretty quantity, bruise the thick parts with Rose-water, dry them by the Sun three or four dayes, then pouring more Rose-water on it, use it.

13. *To*

13. *To make the Face look Youthful.*

Take two Ounces of Aqua-vitæ, Bean-flower-water, and Rose-water, each four Ounces, Water of Water-Lillies six Ounces, mix them all, and add to them one Dram of the Whitest Tragacanth, set it in the Sun six days, then strain it through a fine Linnen-Cloath, wash your Face with it in the Morning, and do not wipe it off.

14. *A Water to take away Wrinkles in the Face.*

Take of the Decoction of Briony and Figgs, each a like quantities, and wash the Face with it.

15. *An Excellent Water called Lac Virginis, or Virgins Milk, to make the Face, Neck, or any part of the Body fair and white.*

Take of *Alumen Plumosum* half an ounce, of Camphire one ounce, of Roch-Allom one ounce and a Dram, *Sal Gemmi* half an Ounce, of white Frankincense two Ounces, Oyl of Tartar one Ounce and half, make all these into most fine Powder, and mix it with one quart of Rose-water, then set it in the Sun, and let it stand nine days, often stirring it, then take Licharge of Silver half a pound, beat it fine, and searse it, then boyl it with one pint of White-wine-Vinegar till one third part be consumed, ever stirring it with a stick

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while

while it boyleth, then Distill it by a Philter, or let it run through a Jelly-bag, then keep it in a Glass-Vial, and when you will use those Waters, take a drop of the one, and a drop of the other in your hand, and it will be like Milk, which is called *Lac Virginis*; wash your Face, or any part of your body therewith, it is most precious for the sake.

16. *To take away Sun-burn.*

Take the juice of a Lemmon, and a little Bay-Salt, and wash your face or hands with it, and let them dry of themselves, and wash them again, and you shall find all the Sun-burn gone.

17. *To make the Face very Fair.*

Boyl the Flowers of Rosemary in White-Wine with the which wash your Face; also if you drink thereof, it will make you have a sweet breath. Also to make the Face white, make Powder of the Root of Serpentine, and of powder of *Sepia*, and mingle them with Rose-water, and let it dry, and then let it be put to the same water again, and dry again; do this four or five times, and then use to anoint the face therewith.

18. *To Clear the Skin and make it white.*

Take fresh Boars grease, and the white of an Egg, and stamp them together with a little powder of Bays, and therewith anoint the Skin, and it will clear the Visage, and make it white.

19. *To take away Freckles in the Face.*

Anoint your Face with Oyl of Almonds, and drink Plantain-water, or anoint your Visage well and often with Hares blood.

20. *To Smooth the Skin.*

Mix Capons greafe with a quantity of Sugar, and let it stand for a few dayes close covered, and it will turn to a clear Oyl, with which anoint your Face.

21. *To blanch the Face*

Take the pulp of Lemons, and take out the Kernels, and put to them a quantity of fine Sugar, Distill these, and keep the water to wash your Face every Night.

22. *For Morpew, or Scurf of the Face or Skin.*

Take of Brimstone beaten into Powder two Ounces, mix it with as much black Soap that stinketh, and tye the same in a Linnen Cloath, and let it hang in a pint of strong Wine-Vinegar, or Red-Rose-Vinegar, for the space of eight or nine days; and therewith wash any kind of Scurf or Morpew, either in Face or Body, dipping a cloath in the Vinegar, and rubbing it therewith, and let it dry of it self. Also drink the water of Strawberries Distilled, or Tincture of Strawberries, it certainly killeth Morpew or Scurf.

23. *For taking away Spots in the Face,  
after the Small-Pox.*

Mix the juice of Lemons with a little Bay-Salt, and touch the Spots therewith often-times in a day, for it is excellent good.

24. *A good Oyntment for the same.*

Take Oyl of sweet Almonds, Oyl of white Lillies, of either one Ounce; Capons grease, Goats Tallow, of each four Drams, Litharge of Gold one dram and half, Roots of Briony and of Ireos, of either one Scruple, Sugar-Candy white one Dram, make Powder of all those that may be brought into Powder, and searse them, then put them all in a Mortar together, beat them together, and in the working put thereto Roses, Bean-flower, and white-Lilly-water, of each a good spoonful, put in by little and little, and so work them together till they become an Oyntment; anoint your Face and Hands with it every Evening, and in the Morning wash it away in water boyled with Earley, Wheaten-bran, and the Seed of Mallows.

25. *To take away the Holes or Pirs in the  
Face by reason of the Small-Pox.*

For helping of this Accident I have tryed many things, and the best means I have found, is to wash the Face one day with the Distilled water of strong Vinegar, and the next day with the water wherein Bran and Mallows have been boyled, and continue  
this



this twenty days or a Month together.

26. *For Redness of the Hands or Face  
after the Small-Pox*

Take Barley, Beans, Lupines, of each one handful, bruise them all in a Mortar grossly, and boyl them in three pints of water till it grow thick like a Jelly, then strain it, and anoint the Face and Hands three or four times a day, for three or four days together, and then wet the Face and Hands as often with this Water following.

27. *Another.*

Take Vine-leaves two handfuls, Bean-flower, Dragon, Wild Tanfie, of either one handful, Camphire three Drams, two Calves Feet, the pulp of three Lemons, a pint of raw Cream, shred the Herbs small, as also the Lemons, and break, and cut the Calves Feet small, then mix them together, and Distil it in a Glass Still, and use it. Also the Water of May-dew is excellent good for any high Colour, or Redness in the Face.

28. *For Pimples in the Face.*

Wash your Face with warm water when you go to bed, and let it dry in ; then take the white of an Egg, and put it into a Saucer, and set it upon a Chafing-dish of Coals, and put into it a piece of Allom ; beat it together with a Spoon till it become thick, then make a round Ball, and therewith anoint the Face where the Pimples are.

*29. For Heat and Swelling in the Face.*

Boyl the leaves of Blossoms of Rosemary, either in White-wine, or fair water, and use to wash thy hands and face therewith, and it will preserve thee from all such inconveniences, and also make both thy face and hands very smooth.

*30. For a Red Face.*

Take Brimstone that is whole, and Cinamon, of either of them an even proportion by weight, beat them into small powder, and searse it through a fine Cloath upon a sheet of white paper to the quantity of an ounce or more, and so by even proportions in weight, mingle them together in clean Clarified Capons grease, and temper them well together till they be well molified, then put to it a little Camphire to the quantity of a Bean, and so put the whole Confection in a Glasse, and use it.

*31. To take away Pimples.*

Take Wheat-flower mingled with Honey, and Vinegar, and lay it upon them.

*32. An Excellent Oyntment for an Inflamed Face.*

Take an Ounce of the Oyl of Bayes, and an Ounce of Quick-Silver, and put them in a bladder together with a spoonful of saffron-spittle, and then Rub them  
well

well together, that none of the Quick-Silver be seen; take of this Oyntment when it is made, and anoint the face therewith, and it will heal it well and fair.  
*Proved true.*

33. *For a Rich Face.*

Take three Yolks of Eggs raw, as much in quantity of fresh Butter, or Capons grease without Salt, Camphire two penny-worth, Red-Rose-water half a pint, two Grains of Civet, and boyl all these together in a Dish, then strain them through a clean Cloth, and set it to cool, and take the uppermost, and use it.

34. *To make the Skin  
White and clear.*

Boyl two Ounces of *French* Barley in three pints of Conduit-water, change the water, and put in the Barley again; and do this till your Barley do not discolour the Water, then boyl the last three pints to a quart, then mix half a pint of White-wine therein, and when it is cold, wring the juice of two or three good Lemons therein, and use it for the Morpew, heat of the face, and to clear the skin.

35. *An Excellent Pomatum to clear  
the Skin.*

Wash Barrows grease or Lard often times in *May-dew*, that hath been clarified in the Sun, till it be exceeding white; then take Marsh-Mallow-Roots, scraping off the out-sides, make thin slices of them, and mix them, set them to macerate in a Balneo,

and scum it well till it be Clarified, and will come to rope, then strain it, and put now and then a spoonful of *May-dew* therein, beating it till it be through cold in often change of *May-dew*, then throw away that Dew, and put it in a Glass, covering it with *May-dew*, and so keep it for your Use.

36. *To take away Spots and Freckles from the Face and Hands.*

The Sap that issueth out of a Birch-Tree in great abundance, being opened in *March* or *April*, and a Glass Receiver set under it to Receive it: This cleanseth the Skin excellently, and maketh it very clear, being washed therewith. This Sap will dissolve Pearl, a Secret not known to many.

37. *To take away Freckles and Morpew.*

Wash your Face in the wane of the Moon with a Sponge, Morning and Evening with the Distilled water of Elder-leaves, letting it dry into the Skin; you must Distil your Water in *May*. This I had from a Traveller, who hath Cured himself thereby.

38. *To make the Teeth white and sound.*

Take a quart of Honey, and as much Vinegar, and half so much White-Wine, boyl them together, and wash your Teeth therewith now and then.

39. *A Dentrifice to Whiten the Teeth.*

Take of Harts-horn and Horses Teeth, of each two ounces,

ounces, Sea-shells, common Salt, Cypress-Nuts, each one ounce, burn them together in an Oven, and make a powder, and work it up with the Mucilage of Gum-Tragacanth, and rub the Teeth therewith.

40. *To make the Teeth white as Ivory.*

Take Rosemary, Sage, and a little Allom and Honey, and boyl them together in fair Running-water, and when it is well boyled strain out the fair water, and keep it in a glass, and use it sometimes to wash your Mouth and Teeth therewith, and it will make them Clean: Also wash your Teeth with the Decoction of Lady Thistle-Root, and it will cleanse and fasten the Teeth and the sore Gums made whole; also the Root of Hore-hound drunk or chewed Fasting, doth quickly heal the Gums, and maketh the Teeth clean; Strawberry-leaves also cleanseth the Teeth and Gums, a sure and tryed Experiment.

41. *To make the Teeth white.*

Take one drop of the Oyl of Vitriol, and wet the Teeth with it, and rub them afterwards with a course Cloath; although this Medicine be strong fear it not.

42. *For a Stinking Breath.*

Take two handfuls of Cummin, and stamp it to powder, and boyl it in Wine, and drink the Syrup thereof Morning and Evening for fifteen dayes, and it will help. *Proved.*

43. *To make the Breath Sweet.*

Wash your Mouth with the water that the shells of Citrons have been boyled in, and you will have a sweet Breath.

44. *To Sweeten the Breath.*

Take Butter and the juice of Featherfew, and temper them with Honey, and take every day a spoonful. Also these things sweeten the Breath, the Electuary of Aromaticks, and the Peel of Citrons.

45. *To Cleanse the Mouth.*

It is good to cleanse the Mouth every Morning by rubbing the Teeth with a Sage-leaf, Citron-peels, or with powder made with Cloves and Nutmegs; forbear all Meats of ill Digestion, and raw Fruits.

46. *For Running in the Ears.*

Take the juice of Elder, and drop it into the Ear of the Party grieved, and it cleanseth the Matter and the Filth thereof; also the juice of Violets used, is very good for the Running of the Ears.

47. *For Eyes that are Blood-shot.*

Take the Roots of Red Fennel, stamp them, and wring out the juice, then temper it with Clarified Honey, and make an Oyntment thereof, and anoint the Eyes therewith, and it will take away the Redness.

48. *To*



48. *To make the Hands White*

Take the Flower of Beans, of Lupines, of Starch-Corn, Rice, Orice, of each six Ounces; mix them and make a powder, with which wash your Hands in water.

49. *A Delicate Washing Ball.*

Take three ounces of Orice, half an Ounce of Cypress, two Ounces of *Calamus Aromaticus*, one Ounce of Rose-leaves, two Ounces of Lavender-Flowers; beat all these together in a Mortar, searfe them through a fine searse, then scrape some Castile-soap, and dissolve it in Rose-water, mix your powders therewith, and beat them in a Mortar, then make them up in balls.

50. *For the Lips chapt.*

Rub them with the Sweat behind your Ears, and this will make them smooth, and well coloured.

51. *To Prevent Marks of the Small-Pox.*

Boyl Cream to an Oyl, and with that anoint the whales with a Feather as soon as they begin to dry, and keep the Scabs alwayes moist therewith; let your Face be anointed almost every half hour.

52. *To take away Child-Blains in the  
Hands or Feet.*

Boyl half a Peck of Oats in a quart of water till it grow dry; then anoint your Hands with Pomatum, and after they are well Chafed, hold them within the Oats as hot as you can endure them, covering the Bowl wherein you do your hands with a double Cloath to keep in the steam of the Oats; do this three or four times, and it will do: You may boyl the same Oats with fresh water three or four times.

53. *To take away Pock-holes, or any  
Spots in the Face.*

Wet a Cloath in White-Rose-water, and set it all Night to freeze in the Winter, then lay it upon your Face till it be dry; also take two or three Poppies, the reddest you can get, and quarter them, taking out the Kernels, then Distil them in a quart of red Cows-Milk, and with the water thereof wash your Face.

54. *An Excellent Beauty-water, used  
by the D. of C.*

Take of white Tartar two drams, Camphire one dram, Coperas half a dram, the whites of three or four Eggs, the juice of a couple of Lemmons, Oyl of Tartar four Ounces, and as much Plaintain-water, white Mercury a penny-worth, two ounces of bitter Almonds; beat all these to powder, and mix them with the Oyl and some water, and then boyl it upon

a gentle Fire, strain it, and so keep it; when you use it, you must first rub your Face with a Scarlet cloath, and at Night wash your Face with it, and in the Morning wash it off with Bran and White-wine.

55. *Against a stinking Breath.*

Take a handful of Wood-bine, and as much Plantain, bruise them very well, then take a pint of Eye-selt, and as much water, with a little Honey and Al-lom; keep all these waters together in a Glasse, and wash your mouth well therewith, and hold it in your Mouth, and it will destroy all Cankers, and Cure a stinking Breath, and preserve the Teeth from rottenness.

56. *To procure an Excellent Colour  
and Complexion in the Face, used  
by the C. of S.*

Take the juice of Hyssop, and drink it in a Morning Fasting, half a dozen spoonfuls in Ale warm; it will procure an excellent Colour, is good for the Eye-sight, destroyeth Worms, and is good for the Stomach, Liver, and Lungs.

57. *To keep the Teeth white, and kill  
Worms.*

Take a little Salt in a Morning Fasting, and hold it under your Tongue till it be melted, and then rub your Teeth with it.

58. *To procure Beauty, an Excellent Wash.*

Take four ounces of Sublimate, and one ounce of Crude-Mercury, and beat them together exceeding well in a wooden Mortar, and wooden Pestle; you must do it at least six or eight hours, then with often change of cold water, take away the Salts from the Sublimate, change your water twice every day at least, and in seven or eight dayes it will be dulcified, and then it is prepared; lay it on with Oyl of white Poppy.

59. *A Beauty-water for the Face, by Madam G.*

Take Lye that is not too strong, and put two peels of Oranges, and as much Citron-peel, Blossoms of Camomile, Bay-leaves, and Maiden-hair, of each a handful, of Agrimony two or three ounces, of Barley-straw chopt in pieces a handful, as much Fennugreek, a pint of Vine-leaves, two or three handfuls of Broom-blossoms; put all these into the Lye, and shingle them together, and so wash the Head therewith, put to it a little Cinamon and Myrrh, let it stand, and wash your Face therewith eve y Evening: It is good to wash the Head, and to comfort the Brain and Memory.

60. *Against stink of the Nostrils*

Take Cloves, Ginger, and Calamint, of each a like quantity, boyl them in White-wine, and therewith wash the Nose within; then put in the powder of Pistrinum

ritrum to provoke one to sneeze: If there be Phlegm in the Head, you must first purge the Head with Pills of Colchie, or of *Hiera picra*: Or if the stink of the Nose come from the Stomach, Purge first.

61. *To make the Hands white.*

To make the Hands white and soft, take Daffodil in clean water till it grow thick, and put thereto powder of *Cantarium*, and stir them together, then put thereto raw Eggs, and stir them well together, and with this Oyntment anoint your Hands, and within three or four dayes using thereof, they will be white and clear.

62. *A sweet Water for the Hands.*

Take of the Oyl of Cloves, Mace or Nutmegs, three or four drops only, and mingle it with a pint of fair water, stirring them a pretty while together in a Glass having a narrow mouth, till they are well mingled together, and wash your hands therewith, and it will be very sweet water, and will cleanse and whiten the hands very much.

63. *For Heat and Worms in the hands.*

Bruise a little Chick-weed, and boyl it in Running-water, till half be wasted away, and wash your hands in it as hot as you can suffer it, for the space of six days, and it will drive away the Heat or Worms in the Hands.

64. *To make the Nails grow.*

Take Wheat-flower and mingle it with Honey, and lay it to the Nails, and it will help them.

65. *For Nails that fall off.*

Take powder of Agrimony, and lay it on the place where the Nail was, and it will take away the aking, and make the Nails grow.

66. *For cloven Nails.*

Mingle Turpentine and Wax together, and lay it on the Nail, and as it groweth cut it away, and it will heal.

67. *For Nails that are Rent from the flesh.*

Take some Violets and stamp them, and fry them with Virgins wax and Frankincense, and make a Plaster, and lay it to the Nail, and it will be whole.

68. *Another.*

Anoint your fingers with the Powder of Brimstone, Arsnick, and Vinegar, and in a short time you shall find great ease.

69. *For Stench under the Arm-holes.*

First pluck away the Hairs of the Arm-holes, and wash them with White-wine and Rose-water, wherein



wherein you have first boyled *Cassia Lignum*, and use it three or four times.

70. *For the Yellow Jaundies*

Take the juice of Wormwood, and Sorrel, or else make them in Syrup, and use to drink it in the Morning.

71. *To take away Warts from the Hands or Face.*

Take Purslain, and rub it on the Warts, and it maketh them fall away : also the juice of the Roots of Rushes applied healeth them.

72. *To smooth the Skin, and take away Morpew and Freckles.*

Anoint the face with the blood of a Hare, or Bull, and this will take away Morpew, and Freckles, and smooth the Skin.

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*A Supplement of some Rare Beautifying Waters, Oyls, Oyntments, and Powders.*

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1. *A Beauty Water.*

TAKE of Bean-flowers six handfuls, Lemon-water one pint, Lilly-Roots eight Ounces, Bean-flower one pound, Gum-Arabick and Trajacinth of each one ounce, distill all these together, and wash the face therewith.

2. *Another by an Approved Author.*

Take of Distilled Turpentine two pound, Frankincense three ounces, Mastick, Dragons-blood, of each half an ounce, powder them, and mix them with Turpentine-water, and Distill them again, then take of fresh Hogs grease melted, one pound, Cloves two Drams, three Nutmegs, Gold one Dram, Silver two Drams, powder them finely, and distill them in an Alembick.

3. *To take away Freckles and Scars in the Face.*

Take of *Aqua Vitæ* four times Distilled three parts, the tops of Rosemary-flowers two parts, steep them together

together a day and a night in a Vessel well stoppt, then Distill them.

4. *To make the Face Fresh  
and Ruddy.*

Use the shavings of Brazeel-Wood dissolved in Rose-water with a little Camphire added thereto, and you will find it very effectual to make a good Colour and Complexion.

5. *To make the Face look Youthful.*

Take two Calves-Feet, River-water nine quarts, boyl them till one half be wasted, then add one pound of Rice, the crumb of a penny Loaf softened in Milk, fresh Butter, Whites of Eggs with their shels, mix them all, and boyl them, and Distill all the water from them, to which add at last Camphire and Sugar, each a little, and it will be Excellent.

6. *A Water to whiten the Skin and take  
away Sun-burn.*

Take of Rain Water, the juice of unripe Grapes, each a like quantity, boyl them together till one half be consumed, then whilst it boyls, add so much juice of Lemons as was boyled away before, when it is boyled take it off, and add four Whites of Eggs after it is cold, and keep it for your use.

7. *To clear the Face and Skin.*

Take of Lilly Roots roasted under the Ashes one  
pound,

pound, bruise them in a Mortar, to which add Sugar-Candy three Ounces, make an Oyntment to apply to the face.

8. *To take away Ring-worms in the Face.*

Take of Vinegar, of Squils two Ounces, Aloes, the juice of sowre Dock, Oyl of Tartar, of each three Drams, make a Liniment.

9. *For Beautifying the Face, an Approved Oyntment.*

Take of Citron Oyntment fresh made three Ounces, Sweet Almonds very well bruised, flower of Beans, of each one Dram, the bone of the fish *Sepia*, Harts-horn, Barley-flower, each two Drams, incorporate them all with Honey.

10. *Another Excellent Beautifyer.*

Take of Pomatum two Ounces, Citron Oyntment four Ounces, mix and anoint the Face therewith Night and Morning, and afterwards wash your face with bean-flower-water.

11. *An Oyntment to Illustrate the Face.*

Take the Oyl of the Marrow of a Hart two Ounces, Oyl of Goard-Seeds one ounce, Goats Fat, washt Turpentine, each half an Ounce, new Wax three Drams, melt them by the fire, then add Mastick, Borax burnt, each two Drams, mix them, and make an Unguent,

Unguent, with which anoint the face at night, and in the morning wash it off with bran-water.

12. *To curl the Hair.*

Take a quantity of Pine Kernels burnt and beat to powder, mix them with Oyl of Myrtles, make an Oyntment therewith, and anoint the Head.

13. *To make the Hair Black.*

Take the juice of Red Poppy, the juice of green Nuts, Oyl of Myrtles, Oyl of Costmary, each one part, boyl it a while, and anoint the Hair therewith.

14. *An Excellent Beautifyer for the Face, used by the Venetian Ladies.*

Take of burnt Tartar half a pound, powder it and dry it as they do Salt, then take that Salt, and put it within the Whites of Eggs boyled.

15. *To cure a Red Face.*

Take four Ounces of Peach Kernels, Goard-Seed two Ounces, bruise them, and make an Oyl to anoint the face Morning and Evening.

16. *To Increase the Hair.*

Take the Seeds of Marsh-Mallows a sufficient quantity, boyl them in common Oyl, with which anoint the Hair. Also the Oyl of Earth-worms doth Increase the Hair.

17. *To*

17. *To make the Breasts small.*

Take of Roch-Allom powdered, and Oyl of Roses, of each a like quantity, mix them together and anoint the breasts therewith.

18. *To take away the Wrinkles of the Face.*

Take Oyl of Turkey-millet, and the decoction of the Berry of the same, and it will distend, Mollifie, and Consolidate wrinkles, also Oyl of Nuts is very good for the same.

19. *To cleanse the Body and make it comely.*

Take of Sage, Lavender-flowers, Rose-flowers, each two handfuls, a little Salt, boyl them in water or in Lye, and make a bath not too hot, in which bathe the body two hours before meat.

20. *A sweet scented Bath for Ladies.*

Take of Roses, Citron-Peels, Citron-flowers, Orange-flowers, Jasmine, Bayes, Rosemary, Lavender, Mint, Penny-royal, each a sufficient quantity, boyl them together gently, and make a Bath, to which add Oyl of Spike six drops, Musk five Grains, Amber-grease three grains, sweet Asa one ounce, let her go into the Bath two hours before meat.



21. *To make the Body fat and comely.*

Take of Milk and Spring-water each one pint, boyl them together till the water be consumed, then add Sugar of Penedies, fresh Butter, each one ounce, Oyl of Sweet Almonds newly drawn half an Ounce, give them one boyling more, and so let it be taken sometimes in a Morning Fasting, and sleep upon it.

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FINIS.

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These are to give notice, that the following Books are to be sold by *Benjamin Harris*, at the *Stationer's Arms and Anchor*, near the *Royal Exchange*.

**E**nglish Liberties: Or, the Free-Born Subjects Inheritance. Containing 1. *Magna Charta*, *The Petition of Right*, *The Habeas Corpus Act*; and divers other most Useful Statutes: With Large Comments upon each of them. 2. *The proceedings in Appeals of Murther*; *the Work and Power of Parliaments*; *the Qualifications necessary for such as should be chosen to that great Trust*. *Plain Directions for all persons concerned in Ecclesiastical Courts*; and *how to prevent or take off the Writ De Excommunicato Capiendo*. As also *the Oath and Duty of Grand and Petty Juries*. 3. *All the Laws against Conventicles and Protestant Dissenters, with Notes and Directions both to Constables and others concern'd, thereupon*; And an *Abstract of all the Laws against Papists*: With many other Remarkable Passages, worthy the perusal of all English Men.

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WEST

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AND



*New and Excellent Experiments  
and Secrets in the Art of Ang-  
ling.*

*To make the Lines.*

**T**AKE Care that your Hair be round, and free from Galls, Scabs, or Frets, for a well chosen, even, clear, round Hair, of a kind of a glass-colour, will prove as strong as three uneven scabby Hairs, that are ill chose.

Let your Hair be clean washed before you go about to twist it, and then not only choose the clearest Hair, but Hairs that are all of an equal bigness, for such do usually stretch all together, and not break singly one by one, but altogether.

When you have twisted your Links, lay them in water for a quarter of an hour at the least, and then twist them over again before you tie them into a Line, for those that do not so, shall usually find their links to have a Hair or two shrunk, and be shorter then all the rest, at the first Fishing with it, which is so much of the strength of the Line lost, for want of wetting it at first, and then re-twisting it, and this is most visible in a seven hair Line, which hath alwayes a black hair in the middle, called by Anglers, the Herring-bone: Those Hairs that are

taken from an Iron-gray, or a Sorrel Stone-Horse, and the middle of the Tayl are best.

*A Cement for Floats to fish withal.*

Take black Rozin beaten, Chalk scraped, Bees-wax bruised, of each a like quantity; melt all these over a gentle small-coal Fire in an Earthen Vessel well leaded, and so warming the two Quills, fix them with a little of it; it cools immediately, and being cold, is so hard, strong and rite, that you can hardly pull the two Quills asunder with both your Hands, without breaking them in pieces.

*To sight your Caps for the Float aright.*

Let the uppermost be at the distance from the top of the quill, and the lower Cap near to the end of the quill, as in the description of it.

*To dye Bone or Quills red for ever.*

Take some Urine, and put into it as much Powder of Brazile as will make it very red, which you shall know by dropping some with a Feather upon a piece of white Paper, and put therein bone or quills, being first well scraped, and laid a while in a water made of Argol, and let them lye in it ten or twelve days, then take them out, and hang them up till they are dry, and rub them with a dry Linnen Cloath, and they will be of a transparent colour.

*Observations.*

A Pike is called.

The first Year a Shottre'.  
The second, a Pickerel.

The

The third Year, a Pike.

The fourth Year, a Luce.

Fish are Fattest about *August*.

All Fish are in season a Moneth or six Weeks after they have spawn'd.

*To Cleanse Worms.*

Take a piece of a Hop-sack (because that is not so close struck in the Weaving as other Cloath is) and wash it clean, and let it dry, then take some of the Liquor wherein a piece of fresh Beef hath been boyled, but be sure you take not the Liquor of Salt Beef, for that will kill all the Worms, dip the piece of Hop-sack in the Liquor, and wring it out, but not hard, so that some of the Liquor abide in the Cloath; put the Worms into this Cloath, and lay them in an Earthen Pot, the Worms will run in and out through the Cloath, and scour themselves; let them stand from Morning to Night, then take out the Worms from the Cloath, and wash the Cloath as before, but not dry it, and wet it again in some of the Liquor; thus do once a day, and thus you will not only preserve your Worms alive for three Weeks, or a Moneth, but also make them red and tough. *Probatum.*

*The Secrets of J. D.*

Would'st thou catch Fish?

Then here's thy wish:

Take this Receipt

T' anoint thy Bait.

*Thou that desirest to Fish with Line and Hook,  
Be it in Pool, in River, or in Brook;  
To bliss thy Bait, and make the Fish to bite,  
Loe here's a means, if thou canst hit it right.  
Take Gum of Life fine beat, and laid to soak  
In Oyl, well drawn from that † which kills the Oak.*

† That which kills the Oak,  
I conjecture to be Ivy.

*Fish where thou wilt, thou shalt have sport thy fill;  
When twenty fail, thou shalt be sure to kill. Proba-  
tum.*

*It's perfect and good, if well understood;  
Else not to be told, for Silver nor C*

### *To unloose the Line in the Water.*

Of these there are several sorts, according to several Mens Fancies; that which I approve of as being the surest, is a forked stick about two yards long, if it be not long enough to reach the bottom, you may lash it to any other stick.

### *These Fish rise best at a Flye.*

Salmon,	Bleak.
Trout,	Chevin, or Chub.
Vimber	Roch.
Groyling.	Dace.

### *Ad Capiendum Pisces.*

*Recipe musilago vel Scholaris Fortes (Anglice white Mullen) collectæ circa medium Maii, quando Luna sit plena, distemperata cum nigro sale & serva in olla ter-  
rea,*

*rea, & quando vis occupare ungue manus & lava eas  
in loco ubi sunt Pisces.*

*A good Bait for Fish all Seasons of the year.*

Take Wheat-flower, and Tallow of a new slain Sheep, and the white of an Egg, beat them all together, and make a past therewith, and bait with it.

*Roch and Dace.*

From the tenth of *March* to the tenth of *May* is the spawning time for Roch and Dace.

*A Paste for Roch, Dace, and Chub.*

Fine Mancher, Old Fat Cheese of the strongest, Rusty Bacon; beat these in a Mortar, and moisten it with a little Brandy, and colour it with Turmeric or Cambogia, or Red Vermilion.

*Baits.*

1. Take the Flesh of a Rabbit, or a Cat cut small, and Bean-flower, and for want of that other Flower; mix these together, and put to them either Sugar or Honey (but I judge Honey the best) beat these together in a Mortar, or sometimes work them in your hands, (being very clean) then make it into a ball, but you must beat it so long, till it be so tuff, that it will hang upon the hook, yet not too hard neither, that you may the better dough-knead with your Paste a little white, or yellow wool; if you would have this Paste keep all the Year, then mix with it Virgins-Wax and Clarified Honey, and work it together with your Hands before the fire, then make it into balls, and it will keep all the Year.

2. *Another.*

Take an handful or two of the best and biggest Wheat you can get, boyl it in a little Milk (as Furmery is boyled till it be soft) and then fry it very leasurely, with Honey, and a little beaten Saffron dissolved in Milk : you will find it a choice bait, and good I think for any Fish, especially of Roch, Dace, Chub and Cheven.

3. *Another.*

The tenderest part of the Leg of a young Rabbit, VVhelp, or Catlin, as much Virgins-wax, and Sheeps Suet ; beat them in a Mortar, till they are well incorporated, then with a little Clarified Honey, temper them before the Fire into a paste.

4. *Another.*

Sheeps-Kidney-Suet, as much Old strong Cheese, fine Flower, or Manchet : beat it into a paste, and soften it with Clarified Honey.

5. *Another.*

Sheeps-blood, old Cheese, fine Manchet, Clarified Honey ; make all into a paste, as before.

6. *Another.*

Cherries, Sheeps-blood, Saffron, fine Manchet, make all into a paste, as before : You may add to any of these, or other pastes, *Cocalus India*, *Affa fetida*. Oyl of Polypody of the Oak, the Gum of Iyy dissolved ; I judge there is Vertue in these Oyls, but especially in the Gum.

7. *Also.*



*7. Another.*

Pull off the Sca'e from a boyled Prawn or Shrimp, bait the Hook with it, and it is an Excellent bait for Roch, Dace, and Bleak.

*8. Another.*

Bean-flower, Honey, and the white of an Egg made up into a PASTE, is an Excellent and long Experienced bait for small Fish, which if they once taste of, they will never forsake till death.

*9. Another.*

Gentles, of which kind, the best are those that are bred upon a Cat, because they are quickest and liveliest.

If you put some Gentles into a box, where Vermilion hath been, they will live in it two or three dayes, and will become of a very Transparent colour, and keep so in the water when you Fish with them.

VWhen you Fish in a quick Stream, a long Quill or Float is best.

But in an Eddy, or still Stream, the shorter the Quill or Float is, the better.

VWhen you Fish at the well-boats, or at the bank-side, be there at half Ebbing water, and Fish upon those well-boats that lye nearest to the shoar, till the water falls away from them, then go to the outermost Boats.

Some of the well-boats do sheer to and again from the place where your Ground-bait lyeth, to prevent which, and that you may alwayes Fish in  
that

that place where you have cast your Ground-bait, you must have a Buoy to lye out; and then you are sure to fish right.

10 *Another Bait.*

Dry Sheeps-blood in the Air upon a dry board, till it become a pretty hard dry lump, then cut it into small pieces for your use.

11 *Another.*

You shall find in the Moneths of *June, July and August*, great quantities of Ant-flyes go to the Ant-hills, and take a great handful of Earth, with as much of the Roots of the Grass as you can; put all into a large Glass-bottle, then gather a Pottle of the blackest Ant-flyes, but take heed you bruise them not; Roch and Dace will bite at these flyes under water, near the Ground.

*Directions how to make your Paste.*

First, wash your hands very clean, then get some of the finest Manchet, of two or three days old; and cut away all the crust, then lay it in water, or Milk, which is better, let it lye no longer than till it is soaked just through, then squeeze all the water very well, then knead it in your hands very well, with a little bit of sweet butter to make it stiff, colour it with Vermilion; if you make it over night, keep it in a wet Linnen Rag, all the water being wrung out of it; in the kneading scrape a little old Cheese among it.

*How*

*How to Bait with Gentles.*

Put your Hook through the middle-part of the Gentle, and no more; then he will live longest; I mean through the skin and no more; but if you could get some Oyl of Ivy, that is rightly taken from the Tree in the Moneth of May, and cast but two drops of it among the Gentles before you use them, you would have sport beyond expectation.

*When to drag upon the Ground, and when not.*

VWhen you Fish in a quick Stream drag a quils length, or more.

Also when the water is not clear, but of a white or clay colour, and if you put a little piece of Scarlet a little above the Hook, the Fish will see the bait the better.

Sometimes when you are at the sport the VVind ariseth, and makes your Float dance upon the VVaves, then alwayes observe, and watch well the motion of your Float under water, and not the top of your Float.

I saw an Angler whipping for Bleaks and Dace with a May-flie, but he put on a Gentle upon the Hook besides, and he had excellent sport.

*Carp*

## Carp and Tench.

### Bait.

1. **A** Carp will take a red VVorm dipt in Tarr, at the bottom.

2. Malt-flower, old *cheshire* Cheese, *English* Honey, Eggs; temper these together with a little water, (but I should think Milk is far better) colour it with Saffron, and put as much upon the Hook as the bigness of a large Hasle-Nur.

Bait the place where you intend to Fish, very well over night with Grains and Blood; the next Morning very early Fish for him with a well scoured Lob-worm, or the Paste above-mentioned.

You may dip your worm in Tarr, and try what that will do.

A Carp chooseth the deepest and stillest places in Ponds and Rivers, and so doth the Tench, and also green weeds, which he loves exceedingly.

*Late in the Evening the Ale, Grains, and Blood, Well mixed together is Bait very good.*

*For Carp, Tench, Roach, and Dace to Prepare, If early in the Morn at the River you are.*

*Strong*

*Eele*



*Pike*



*Bream*



*Carpe*



*Tench*



*Pearch*



*Barbel*



*Trout*







---

*Strong tackle for Carp, for Roach and Dace fine,  
will help thee with fish sufficient to Dine.*

*For the Carp, let thy bait the knotted worm be,  
The rest love the Cadis, the Paste or the flye.*

*Chub, Pike, and Bream.*

The Pike chooseth Sandy, or Clay ground in still Pools full of Fry; the Bream loves a gentle Stream, and the broadest part of the River, the Chub loves the same ground and Spawns in May.

One who was the best troul-er of Pikes in England, used always to troul with a Hazle-Rod twelve Foot long, with a Ring or wyre in the top of his Rod for his Line to run through, within two Foot of the Rod there was a hole to put him in a winder, to turn with a barril, to gather up his line, and loose it at his pleasure: this was his manner of trouling with a small Fish.

There are several other ways to take Pikes, there is a way to take a Pike, which is called the Saap, for which Angling you must have a pretty strong Rod, for you must Angle with a Line no longer than your Rod, which must be very strong, that you may hold the Fish to it; your Hook must be a double Hook, made of a large wyre, and Armed with wyre one or two Links long; you must bait the Fish with the head upwards, and the point must come forth of his side a little above his vent.

In all your baitings for a Pike, you must enter the Needle where the point cometh forth, so draw your Arming through, until the Hook lyeth as you think fit, then make it fast with a thread to the wyre, but first tye the thread about the wyre, otherwise

therwise the Fish will skip up and down, so fall to work : The bait must be a Gudgeon, a small Trout, Roch, or Dace.

Now, I will pawn my Credit, that I will shew a way, either in Ware, Pond, or River, that shall take more Pikes than any Trouler shall do by Trouling ; and it is this.

First take a forked stick, a Line of twelve Yards long wound upon it, at the lower end leave a Yard to tye, Either a bunch of Flaggs, or a Bladder, to Buoy up the Fish, to carry the bait from the Ground, that the Fish may swim clear, the bait must be alive, either a small Trout, Gudgeon, Roch, or Dace, the forked stick must have a slit on the one side of the fork to put the Line in, that the live fish may swim at the gauge you set the fish to swim at, that when the Pike takes the bait, the Pike may have the full Liberty of the Line for his feed ; you may turn as you please of these loose in the Pond or River all day long, the more the better, and do it in a pond-wind ; the Hooks must be double Hooks.

### *To bait the Hook.*

Take one of the Bairs alive, and with your Needle enter the fish within a straws breadth of the gill, so put the Needle in betwixt the Skin and the Fish, then draw the Needle out of the hindermost fin, drawing the Arming through the Fish, until the Hook come to lye close to the body, but I hold it better, if it be Armed with wyre, to take off the Hook, and put the Needle in at the hindermost fin, and so come forth at the Gill, then put on the Hook, and it will hurt the

the live Fish the Less, so knit the Arming with the live Fish to the line.

But I judge the baiting with a live Fish is done far better, as it is done, Baiting with a Minew to Fish for a Trout.

*A Rod twelve Foot long, and a Ring of wyre,  
A winder and Barril will help thy desire,  
In killing a Pike; but the forked Stick,  
With a slit and a Bladder, and the other fine  
trick,  
Which our Artist call Snap, With a Goose or a  
Duck,  
will kill two for one if thou have any luck.*

Chub takes a black Snail about *August*; and for a Bait, take the fourth Receipt prescribed for Roch and Dace, but colour it with Saffron, or Gambogia.

The Pike in the month of *March*, before which time it is good Fishing for him, but after *March* it is not good till the middle of *May*. A Smelt is a rare bait, a pole for Trouling should be eleven Foot long for the Snap twelve Foot.

When you troul the Head of the fish must be downward at the bent of the Hook, but when you Snap, the head must be upward at the shank of the Hook.

If you fish at Snap for a Pike, give him leave to run a little before you strike, and then strike the contrary way he runs.

If you fish with a dead bait for him, take this as a most excellent one.

Take a minew or yellow Frogg, a Dace or a  
Roch

Roch, and having dissolved some Gum of Ivy in Oyl of spike, anoint your bait therewith, and cast it where the Pikes frequent, and when it hath lain a little while at the bottom, draw it up to the top and so up the Stream, and if Pikes are in the place where you fish, you will quickly perceive them to follow it with much eagerness.

*Perch.*

The Perch loveth a gentle Stream, of a reasonable depth, seldom shallow.

*Baits.*

1. His bait is most commonly a red knotted worm or a Minew.

2. *Another.*

Make a bait with the Liver of a Goat and bait your Hook therewith.

3. *Another.*

Take yellow butterflyes and Cheese made of Goats milk, of each half an Ounce, of Opoponax the weight of two French Crowns, of Hoggs- blood half an Ounce, Galbanum as much; pound them all well, and mix them together pouring upon them Red Wine, and make thereof little balls, such as you use to make Perfumes into, and dry them in the shade.

4. *Another.*

*4. Another.*

*To bait your Hook with a live Minew, when  
you Fish for a Trout, or Perch with a  
Running Line.*

First put your Hook in at his Mouth, and out at his gill, then having drawn your Hook 2 or 3 Inches beyond, or through his gill, put it again into his Mouth, and the point and Beard out of his tail, and then rye the Hook and his Tayl with a white thread, which will make it apter to turn quick in the water; then pull back that part of the Line which was slack, when you put your hook into the Mouth the second time; I say, pull that part of it back, so that it shall fasten the Head, that so the body of the Minew shall be almost straight on the hook; then try how it will turn by drawing it cross the water, or against the Stream, and if it do not turn nimbly, then turn the Tayl a little to the right or left hand, and try again till it turn quick, for if nor, you are in danger to catch nothing; for know that 'tis impossible it should turn too quick; but if you want a Minew, then a small Roch; or Stickle-back, or any other small Fish will serve as well; If you salt your Minews you may keep them three or four days fit for Use, or longer; Bay-Salt is best.

*3. Another*

5. *Another.*

*To Bait with a Lob-worm, to Fish for a Trout or Pearch with a Running line, with a Swivel.*

Suppose it be a big Lob-worm, put your Hook into him above the middle, then draw your worm above the Arming of your hook, enter your worm at the tayl-end of the worm, the point may come out toward the Head, and having drawn him above the Arming of your Hook, put the point of your Hook again into the very Head of the Worm, till it come to the place where the point of the hook first came out, and then draw back that part of the worm that was above the Shanker Arming of the Hook. And so Fish with it, you cannot lose above two or three Worms before you attain to what I direct you, and having attained it, you will find it very useful, for you will run upon the Ground without tangling, but you must have a Swivel.

*Trout.*

The Trout loves small purling Brooks, or Rivers that are very swift, and run upon Stones, or Gravel; he feeds while he is in strength in the swiftest streams, behind a Stone, Log, or some small Bank that shooteth into the River, and there lyes watching for what comes down the Stream. He spawns about *October*.

*Baits.*



*Baits.*

1. You shall find in the Root of a great Dock, a white Worm with a red Head, with this Worm Fish for a Trout at the bottom, he lyes in the deep, but feeds in the Stream.

2. *Another.*

He also takes very freely a worm, called a Brandling, of which sort the best are found at the Bear-garden, amongst the Bears Dung.

*An Universal Bait to take all manner of Fish, but especially Trouts, which hath been Experienced by an ancient Angler, and made by a Chymist, in 1668.*

Take of the juice of Camomile two Spoonfuls, Oyl of Spike four drams, Spirit of Vitriol one ounce, Oyl of Comfrey by Infusion six Drams, Goose-grease one ounce; Dissolve these over the fire, being well melted, let it stand till it is cold, then put it into a strong Glass, and let it stand three or four days before you stop it up with a good Cover made of Parchment and Leather, and it will keep good for seven Years.

*Gudgeons.*

A Gudgeon spawns in May, and sometimes in April.

*Baits.*

*Baits.*

A Gudgeon takes nothing but a red knotted worm, in a Horse Dung-hil.

*Barbel.*

The Barbel (as *Gesner* saith) is one of those Leather-mouth'd Fishes, having his Teeth in his Throat.

There are divers ways of Fishing for him, as with a Casting-Line of small Whip-cord, a Plummert, and a pair of small drablers of Halr.

Others fish for him with a standing-Line, either of Silk, or some Brass wyre well kneaded, with a Plummert of one, two, three, or four ounces, according to the swiftness of the stream, and a pair of drabbers, as before.

Some fish for Barbel with Casting-Lines, as at *London-Bridge*, a Plummert of one pound and half, and a pair of drabbers.

There is yet another way (though against the Statute, and forbidden by the Court of Aldermen) and that is, by scratching with Hooks without Beards.

*Baits.*

His baits a green Gentles, strong Cheese, sometimes a Lob-worm, and sometimes a piece of Pickled herring.

*Eels.*

To reckon up the several ways of taking Eels, were almost, if not altogether impossible ; and therefore I shall only tell you how the Anglers here in *London* take them.

Take a shooting-Line, of 10; 12, 14, 16, or 20 hooks, as many, and as few as you please ; and this cannot but be an excellent way, either in Pond, River, or Moat.

The manner of making it is very well known to all those that sell Hooks and Fishing-Tackle in *Crooked Lane*, where you may buy them ready made.

*Baits.*

His bait is green Gentles, strong Cheese, Lob-worms, Pickled-herring, Powdered-beef, or Periwinkles.

Your Plummets must be three pound, or three pound and a half of Lead.

*Bream.*

The Bream loveth a red worm, taken at the root of a great Dock, it lyeth wrapt up in a knot or round clue. He chuseth the same waters as the Pike.

*Salmon.*

The Salmon loveth large swift Rivers, where it ebbs and Flowes ; he spawns at the latter end of the Year.

*To Fish for Salmon.*

The first thing you must gain, must be a Rod of some ten Foot in the stock, that will carry a top of six Foot, stiff and strong, the Reason is, because there must be a wyre Ring at the upper end of the top, for the Line to run through, that you may take up, and loose the Line at your pleasure, you must have the winder within two foot of the bottom of your Rod, made in the manner expressd, with a spring, that you may put it on as low as you please.

The Salmon swimmeth most commonly in the midst of the River, in all his Travels he desires to see the uppermost part of the River, Travelling on his Journey in the heat of the day, he must take a bush, if the Fisher-Man espye him; he goeth at him with his Spear, and so shortneth his Journey.

The Angler that goeth to Fish for him with a Hook and Line, must Angle for him as nigh the middle of the water as he can with one of these.

*Baits.*

Take two Lob-worms, and put the hook so near through the middle of them, that the four ends may hang of an equal length, and so Angle as near the bottom as you can, feeling your Plummets run on the ground, some twelve Inches from the hook.

If you Angle for him with a Flye (which he will rise at like a Trout) the Flye must be made of a large hook, which hook must carry six wings, or four at the least; there is judgment in making these Flyes.

The

The Salmon will come at a Gudgeon in the manner of a Trouling Line, and cometh at it bravely, which is fine Angling for him ; you must be sure your Line be of twenty six, or thirty Yards long, that you may have your convenient time to turn him ; or else you are in danger to loose him, but if you turn him, you are likely to have him, all the danger is the running out, both of Salmon and Trout.

You must fore-cast to turn the Fish as you do a wild horse, either upon the Right or Left hand, and wind up your Line as you find occasion in the guiding the Fish to the shoar, having a large Landing-hook to take him up.

*Close to the bottom, in the midst of the Water,  
I fish'd for a Salmon, and there I caught her.  
My Plummet twelve Inches from the large hook,  
Two Lob-worms hung equal, which she ne're forsook:  
Nor yet the great hook, with the six winged Flye,  
And she makes at a Gudgeon most fariously.  
My Strong Line was just twenty six yards long ;  
I gave him a tarn, though I found him strong.  
I wound up my Line, to guide him to Shoar ;  
The Landing-hook helpt much, but the Corkery more.*

*The Names of the Flyes that are used in Angling, with the times when they are in Season, and what the Bodies and Wings are made of.*

1. **A** Stone Fly, which is in season in April, the body of it is made with black-wool, made  
H 2 yellow

yellow under the wings, and under the Tayl; the Wings are made of a Mallards Feather.

2. A Ruddy Fly is in season in the beginning of *May*; the body is made of red wool wrapt about with blue silk, the Wings are made of the Wing of a Drake, and a red Hackle.

3. The yellow, or greenish Fly, in season in *May*, made of yellow wool, his Wings made of red hackles, and the Wing of a Drake.

4. The Dun Fly is sometimes of Dunwool, and sometimes black, in season in *March*; his Wings made of Partridge-Feathers, black Drakes Feathers, and the Feathers under his Tayl.

The black Fly, in season in *May*, made of black-wool, and wrapt about with Peacocks Tayl, his Wings the Feathers of the wings of a brown Capon, with the blue Feathers in his head.

6. The sad yellow Fly, in season in *June*, made of black-wool, with a yellow List on either side; the wings of a Buzzard, bound with black braked Hemp.

7. The Moorish Fly, in season in *June*, made of dusky wool, the wings the black Male of a Drake.

8. The tawny Fly, good till the middle of *June*, made of Bears-wool, the wings made contrary one against the other of the whitish Male of a wild drake.

9. The Wasp-Fly, in season in *July*, made of black-wool, wrapt about with yellow Silk, the wings of a Drakes Feathers, or Buzzards.

10. The Shell-Fly, good in the middle of *June*, made of greenish wool, wrapt about with Pearl of a Peacocks tayl; the wings of a Buzzards Feathers.

11. The dark Drake-Fly, made of black-wool wrapt about with black Silk; in season in *August*,  
the



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the wings, the Male of the black drake with a black head.

12. The *May-Fly*, made of greenish coloured Cruel, or Willow colour, and darken it in most places with waxed Silk, or Ribb'd with a black hair, or some of them Ribb'd with Silver thread, and such wings for the colour, as you see the Fly to have at that Season.

13. The *Oak-Fly*, the body made of Orange-tawny, and black Cruel; the wings the brown of a Mallards Feather.

*The best way of Dressing these, and all other sorts of Fish, you may find in the next Part following.*

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*F I N I S.*